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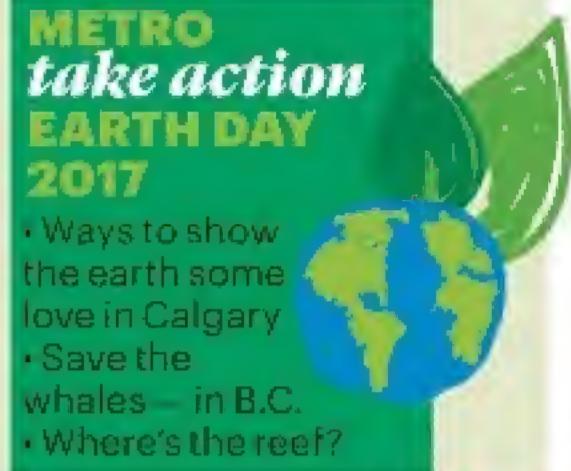
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Calgary's 4-20 celebration/demonstration was pretty laid back

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ELIZABETH CAMERON/FOR METRO

Wideman and Flames named in \$10M lawsuit

COURT

Player hit ref deliberately, claim states



The NHL referee hit by a Calgary Flames player in January 2016 is bringing forward a \$10.25 million lawsuit against the team and the player involved.

Documents filed to the Queens Bench of Alberta on April 18 lays out Don Henderson's claim against Flames player Dennis Wideman and Calgary Sports and Entertainment Corporation.

The statement of claim says that Wideman deliberately struck Henderson from behind in a Flames game against the Nashville Predators, causing injuries including concussion, neck and back injuries, pain, numbness and tingling in his right hand, shock, anxiety, depression, and

headaches.

None of the allegations have been proven in court.

The claim notes that Wideman received a 20-game suspension for an intentional strike to a game official, which was later reduced and is still the subject of ongoing litigation.

At the time, Wideman claimed he was concussed after being checked into the boards by Miikka Salomaki. He said he was trying to get back to the bench when he unintentionally collided with Henderson.

"From our point of view, it's a little harsh obviously. Well, a lot harsh from our point of view," said Flames captain Mark Giordano.

Henderson, who resides in Calgary, according to the claim, is asking for \$200,000 in general damages, \$50,000 in special damages, and \$10 million for loss of income, future income and earning capacity. The Calgary Flames declined to comment as they are still collecting information on the lawsuit.

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STARTUP

SensorUp monitors air quality levels around the city


 Aaron
 Chatha
 Metro | Calgary

You'll want to hop online before your next morning run — a Calgary startup has launched by-the-hour updates on air quality in different parts of the city.

Last year, SensorUp launched an initiative to give away sensors throughout Calgary, to get data from specific neighbourhoods.

There were a number of ideas going into this: The first was to create a map of Calgary's air quality, in a cheap way, with the data open and available for anyone to peruse and make use of.

The second was to help introduce the masses to the Internet of Things — the idea that just about anything can be connected, via Wi-Fi, and easily usable with other products, instead of being forced down a silo of just Microsoft or Apple or any other big company.

More to their first point, SensorUp has set up an online component where you can get data from the sensors out in the wild — just about every hour — and help identify some patterns.



SensorUp's Steve Liang hopes sensors like these will be installed throughout Calgary — with everyone contributing to the information web. AARON CHATHA/METRO



We're so lucky here, we really do have incredible air quality.

Coral Bliss Taylor

"What we noticed is often the wind patterns come from north or west, through to the southeast," explained SensorUp solutions expert Coral Bliss Taylor.

"When an air event happens, you can see the quality getting less good on the

northwest side, you can usually assume it's going to be that way in about an hour in

the southeast."

Metro took a look at the data over the last week, and

although the community with the best air quality changes, the top communities tend to be in the north.

The worst air quality, over the past seven days, was in Woodbine, which is in the city's southwest.

But the differences are min-

MEASUREMENTS

 **Sunnyside** — Best air quality on April 20

 **Woodbine** — Worst air quality on April 20

 **500 sensors** is the goal for Calgary by the end of 2017

imal.

"It's nothing to get alarmed about, it's really just the teeniest blips," laughed Taylor. "We're so lucky here, we really do have incredible air quality."

In addition to their own sensors, SensorUp also uses data from Calgary Region Airshed Zone sensors. The sensors are meant to complement the city's sensors, which are far, far fewer in number, but are also huge, million-dollar sensors.

According to a statement from Alberta Health, air pollution can have obvious effects like irritating lungs and eyes, but also chronic diseases like heart disease and bronchitis. When the air quality index is moderate or high for pollutants, they recommend monitoring symptoms and rescheduling, or reducing, outdoor physical activities.

You can view SensorUp's data, and learn how to get your own free sensor, through calgary-air.sensorup.com.

Later this year, they hope to expand to other cities like Edmonton, Vancouver and Toronto.



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5

EARTH DAY ACTIVITIES YOU SHOULD CHECK OUT

Saturday is Earth Day. Since 1970, earthlings have gotten together once a year to pay tribute to this fragile hunk of rock and dirt that keeps us alive as we hurtle through the cosmos. In this neck of the woods, there's lots of ways you can mark the event, and we've listed a few below for your convenience.

BRODIE THOMAS METRO

**1 Community Earth Day health and wellness fair**

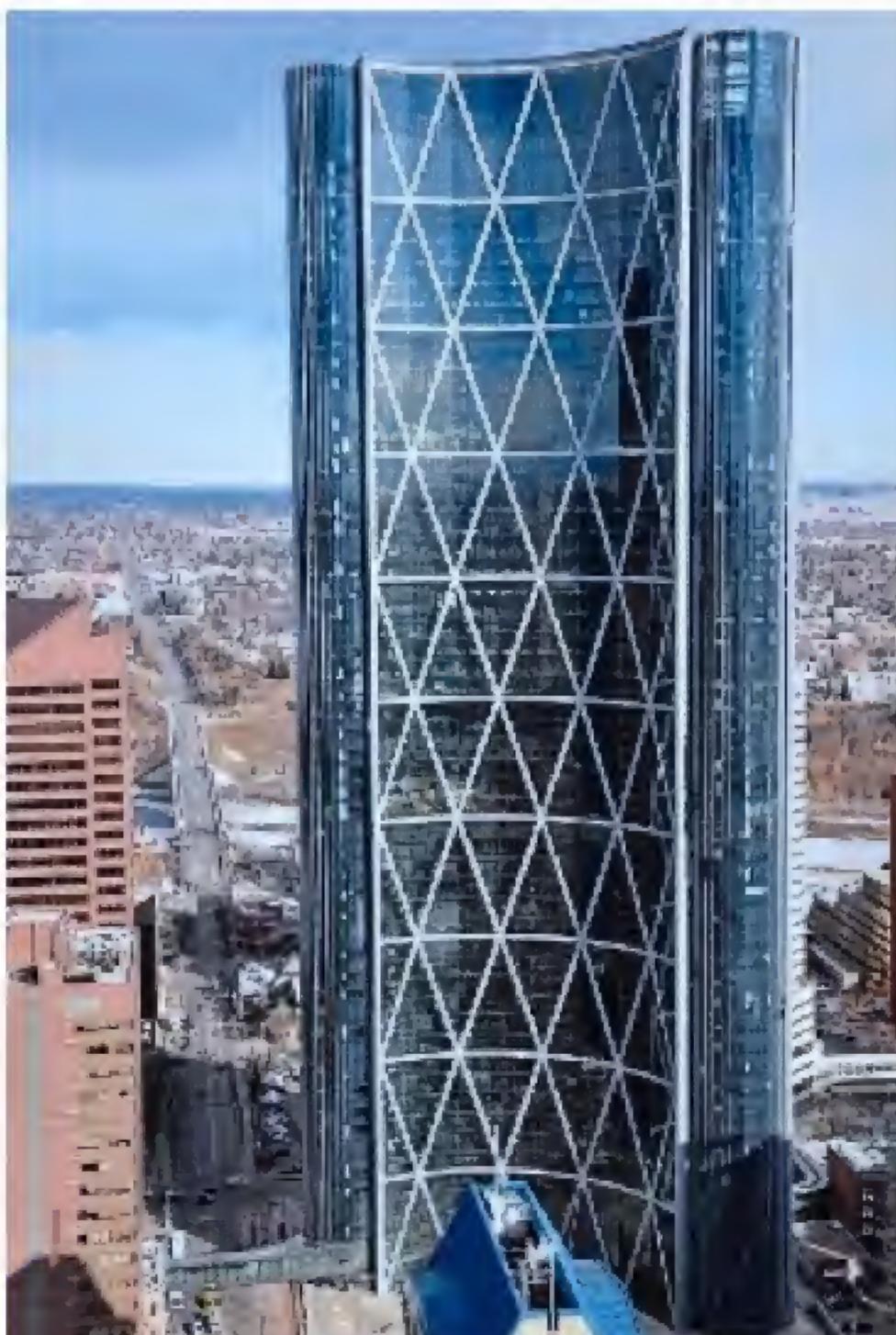
The West Hillhurst Community Association and Green Committee is having a Health and Wellness Fair from 2-5 p.m. Build a free birdhouse. Watch presentations on gardening, tree health, and landscaping. Purchase great products from vendors. Get yourself to 1940 6 Avenue Northwest for all this and more.

**2 March for Science**

Join real live scientists and fans of science as they bring light to the dangers of politicizing research and call for evidence-based policies. The march is just one of hundreds planned around the world to coincide with Earth Day. Here in Calgary, demonstrators will gather at Olympic Plaza at 1 p.m.

3 Climb for Wilderness at Bow Tower

It's not too late to register for the Climb For Wilderness in Support of the Alberta Wilderness Association. Raise \$75 or \$40 for those under 16 in pledges, and get the chance to walk up 1,188 stairs in the Bow Tower. The climb runs from 8 a.m. to noon. There will be events and prizes if you make it to the top.

**4 Liam and Jake Walk to Mexico**

Don't let the title fool you. This is actually a talk by two residents of Jasper who skied, snowshoed and hiked over 5,000 kilometres to the border of Mexico along the Great Divide. Doors open at Joyce on 4th for 6:30 p.m. and the talk begins at 7 p.m. Food and beverages will be available for purchase. Tickets must be purchased in advance online through Eventbrite.

5 Green Calgary AGM

You may not be a member of Green Calgary but you can still swing by the group's AGM at the John Dutton Theatre in Calgary's Central Library. Refreshments will be served at 5:30 p.m., with the beginning at 6 p.m. and a screening of the award winning documentary Elemental at 7 p.m. Non members are charged \$10 at the door. Members get in for free.

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Court hears record of man's confession

SHYBACK CASE

Buried body in basement, undercover officer told

Lucie Edwardson
Metro | Calgary

A man accused of strangling his common-law wife and burying her body in makeshift cement tomb in their basement told an undercover officer he'd "panicked" when she lunged at him with a knife during an argument.

Allan Shyback, 40, is charged with second-degree murder and improperly interfering with human remains in the 2012 death of his common-law partner and mother of two, Lisa Mitchell.

After receiving a call from homicide detective David Sweet on Dec. 5, 2014, Shyback confessed to an undercover officer he was on a business trip within Winnipeg.

In the moments following the call, Shyback appears to be at a loss for words, taking heavy breaths as the officer asks him what's wrong. A recording of that conversation was heard in court.

"You good buddy? You look like you just f—ing saw a ghost," said the undercover officer, who cannot be named.

While the two step outside of the vehicle, the officer said Shyback confessed to killing his wife.

The recording resumes back in the car. The officer tells Shyback he knows he's a good dad and needs to make his decisions based on them now.

"One life is gone, you can't change that," he said.

Shyback tells him the incident occurred two years ago in October of 2012 and asks if police were to search his home if there was any chance they wouldn't find Mitchell's body.

"Not if they're seriously looking," he said.

"What happened, you guys had a fight and?" asks the officer.

"This time instead of grabbing a frying pan she picked up a knife," said Shyback. "She was saying how she could probably put me in the hospital and say it was self defense and she'd get the kids and I'd be in jail cause they wouldn't believe me."

Shyback said it's was then that Mitchell "lunged" at him.

"I pushed back at her and at some point my hands were around her neck I remember trying to let go, trying to stop," he said. "She was gone. I can remember trying to make myself let go."

Shyback said he waited for the police to arrive, thinking neighbours had called them—but they never did.

He went on to tell the officer he then got a hold of Mitchell's phone and sent a few messages to her mom and himself. Shyback said in the days that followed he wanted to remove Mitchell's body from the home but didn't have an opportunity so he cordoned off a corner in his basement where he planned to bury her body.



Lisa Mitchell's body was found hidden in a plastic container and buried in a makeshift cement tomb in the basement of the home she shared with Allan Shyback nearly two years after she went missing. COURTESY CALGARY POLICE SERVICE

Calgary



COUNT YOURSELF IN

Census takers will be going door-to-door starting **April 22**



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TRAVEL

YYC CEO welcomes WestJet's discount airline

Calgary's airline sweetheart is going back to its low-cost roots.

On Thursday, the company announced they would be launching a new discount carrier by the end of the year. It came as a surprise to YYC International Airport CEO Robert Sartor.

"We have capacity, that's for sure, but wow," said Sartor. "WestJet's roots were in low-cost travel, the notion of ultra-low cost has changed."

He added that it's an interesting notion that he certainly

didn't see coming, but extended a kudos to the Alberta-based company calling it a courageous and creative move.

"We have built WestJet from its low-cost regional roots into a renowned international airline," co-founder Clive Beddoe said in a release issued Thursday. "Today it's all about disrupting at the price-sensitive end of the market."

WestJet is still waiting on approval from regulators, but plans to launch with the 10 Boeing 737-800 aircraft, they describe

as a high-density plane.

These ultra-low-cost carriers are able to tack on extra fees to make their airfare cheaper. Operations like Spirit Airlines and Allegiant Air will charge for beverages, preferred seating and printing boarding passes.

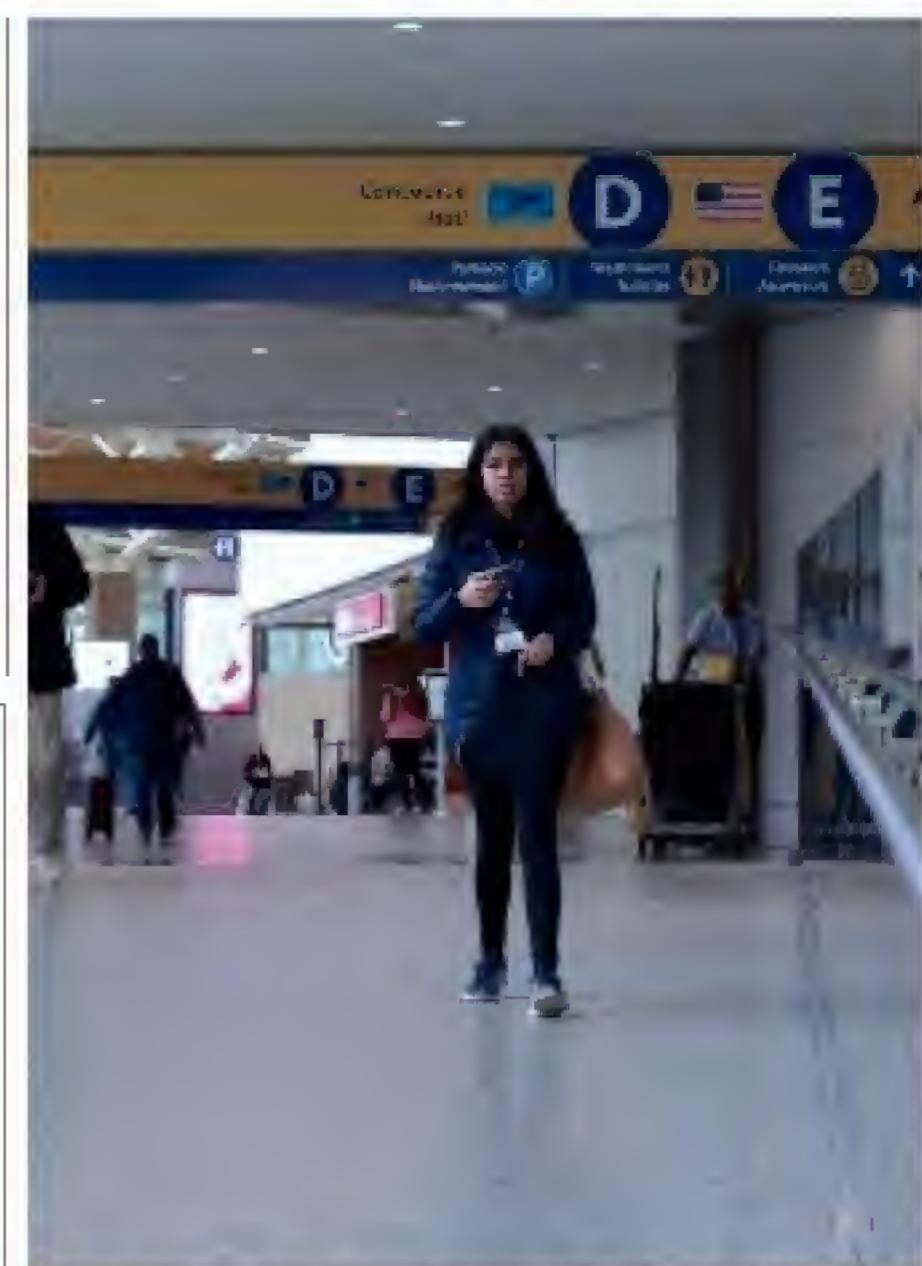
"The worldview on low-cost airlines has changed since the launch of WestJet," CEO Gregg Saretsky said. "The complete unbundling of services and products in order to lower fares has created the ultra-low-cost carrier

category and our new airline will provide Canadians a cheap and cheerful flying experience from a company with a proven track record."

Westjet's new carrier would compete with NewLeaf, a Winnipeg-based low-cost service that launched last year. Chief rival Air Canada launched its own discount airline, Rouge, in 2013.

Sartor said he'll be giving Saretsky a call soon, perhaps to discuss Calgary as a western hub.

HELEN PIKE/METRO



Calgary's New International Terminal tweaks won't be 'finished completely' until 2019. METRO FILE

Terminal tweaks

AIRPORT

Improvements won't be done until 2019, official says

Helen Pike
Metro | Calgary

Calgary's International Terminal may be launched, but it's not quite complete.

There was a warm welcome extended to passengers in October for the grand reveal, but the long-awaited space fell flat in some aspects. Travellers complained there weren't enough water fountains, the walks to terminals were long and seating at gates was scarce.

In March, airport CEO Robert Sartor called these problems an oversight. There's work to be done at the new terminal.

This includes adding more moving sidewalks, a more connected shuttle system, re-doing some plumbing to get water fountains running and adding retail closer to the gates.

"We will not be finished completely until 2019," Sartor said. "The connectivity program, which brings all the

moving sidewalks from the domestic part of the terminal right to Gates D and E won't be done till then - we'll open it up in sections."

Another item on the work list is upgrading all of the baggage collection systems.

Sartor underlined that this work will have to be done hand in hand with the airlines.

His vision doesn't just touch the International Terminal, he's setting his sights on creating a hub for the airport with more intentional land leases. This includes working with the City of Calgary on the lands surrounding the airport.

"We should be working in a complementary fashion so that we're not chasing business that (the City) is chasing, and vice-versa," Sartor said.

Coun. Jim Stevenson said the city is working with the private developers surrounding the airport as they build out the lands.

"We correspond with them, but they have control over their own land," said Stevenson. "There's a good line of communication...some of the present hotel owners aren't happy about the fact that there's a dozen hotels still in the works, to be built around here."

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Philippa Wagner Green Cart implementation leader for the City of Calgary said the program has been a long time coming. HELEN PIKE/METRO

Full green ahead on compost bins

SUSTAINABILITY

Pilot Green Cart project saw garbage drop by half

Helen Pike
Metro | Calgary

Calgary residents are about to go a little greener — literally — as the city has set dates for the rollout of its Green Cart program.

On Thursday, the City announced details for its long-awaited rollout they told residents would be underway in spring of this year. Some may not see service until October, and the facility is under construction, but the program is being launched with no delays.

"The facility at this point is not complete," said Philippa Wagner, Green Cart implementation leader. "It's still a construction site, but it will be completed mid-July when we start collecting."

tion."

According to the city, 89 per cent of Calgary residents were looking forward to the green carts. A pilot project in four communities saw the amount of garbage collected drop by half.

Wagner said the city-wide release is expected to follow the same pattern and have residents diverting more and more waste as they get up to speed.

The program will allow for the composting of food, yard and pet waste, including meat, bones, cheese, and plate scraps.

The city said all of the material collected will be turned into compost for gardens, parks and area farms. Wagner said some of those materials will be given back to the community free of charge, while a majority of the materials will be sold to keep the costs of the program down.

Along with the green bin, residents will receive a kitchen pail for collection and a sample of compostable bags. The fee for green cart service was waived for 2017 by council, but a monthly fee will be charged in 2018.

Once the service begins, collection will be every week for blue and green bins, and every two weeks for black bins because of the drop in garbage collected.

The program details: Southwest residents will be the first to receive their green carts, beginning the week of June 5. The northwest will get delivery at the start of July, northeast in August and southeast in September.

The city hopes to have a green cart at 320,000 Calgary homes in time for fall clean-up.

+ SCHEDULE

Once the bins are delivered to the different quadrants, collection will begin on the following dates:

- Southwest – July 17
- Northwest – August 14
- Northeast – September 4
- Southeast – October 2

Find more information at calgary.ca/greencart.

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JORDAN VERLAGE
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ANDREW MAW
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RIMANESH TADIAPARTY
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TRANSIT

City unveils new Green Line alignments

**Helen
Pike**
Metro | Calgary

Don't like the alignments we've got? Let's try more.

After community uproar, the City of Calgary is presenting two additional alignment options for the Beltline and Victoria Park to the Inglewood and Ramsay station — and these ones don't take the train through Ramsay.

But there are still four alignments on the table, and final decisions will be made by council in June.

"We want to bring forward all the viable options ... as part of a discussion with all the stakeholders as early as possible," said Fabiola MacIntyre, head of the city's Green Line team.

One, dubbed the 10 Avenue South option, would take the line a jog north from the Centre Street station on 12 Avenue

South to 10 Avenue South. Then, the line would follow CP rail tracks until it reached the Inglewood and Ramsay Station.

The second approach would skirt the Victoria Park bus barns until they are eventually moved. Then, the tracks would be removed and redone to add a station where the barns sat.

These new options took Peter Oliver of the Beltline Neighbourhood Association by surprise.

"They're doing all sorts of backflips to avoid looking at an underground 12 Avenue Station in Victoria Park," said Oliver.

"You're avoiding a lot of opportunity where you could be putting a station at the doorstep of the ... soon to be massively renovated convention centre, you're moving it away from the Red Line where you could have a transfer station ... and potentially the new Plan B arena."

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ASSOCIATION OF CANADA

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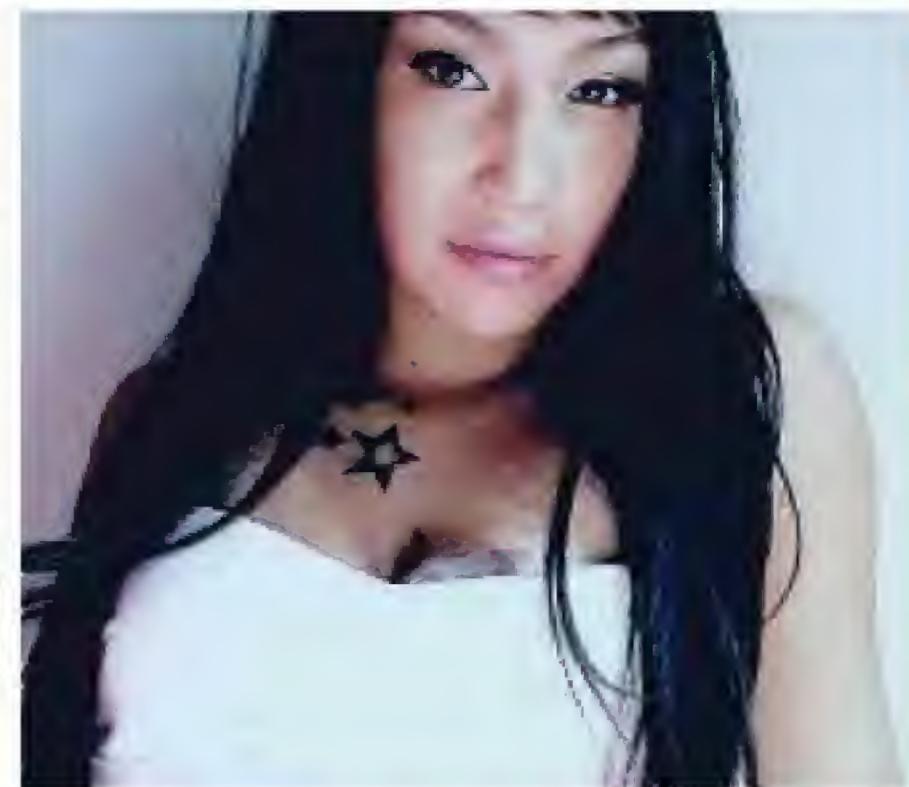
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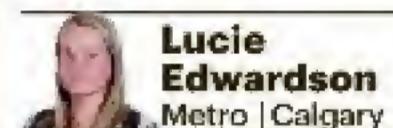


Christa Cachene died in her home in Oct. 2015. FACEBOOK

Plea deal in murder case

MANSLAUGHTER

**Friends listened
as woman was
beaten to death
in her own home**

**Lucie
Edwardson**
Metro | Calgary

Friends of a Calgary woman beaten to death — following heavy drinking at her Ranchlands home in 2015 — slept through, and in one case, went to bed knowing the woman was being assaulted.

Isaiah Riel Rider, represented by Balfour Der and James Wyman, was charged with second-degree murder in the death of Christa Cachene, 26.

Rider pled guilty to the lesser charge of manslaughter after a plea deal was reached between his defence team and Crown prosecutors Joe Mercier and Matthew Block.

In an agreed statement of facts (ASF) read out in court Thursday afternoon by Wyman, court heard that on Oct. 11, 2015, after nearly two days of heavy drinking, five people remained at Cachene's residence.

Cachene's boyfriend had passed out on the couch in the living room, and Cachene, Rider and a female friend were the only three still up.

The ASF indicated that Rider and Cachene were seen arguing in the kitchen by the female friend and that she heard Cachene say that "she wanted to die."

The statement said Cachene

had a small knife with which she stabbed Rider in the lower back and cut his hand. The fight continued in the living room with both Rider and Cachene throwing punches — one of which landed her on the floor.

It's then that Rider began to stomp on her neck and chest — and at which point the friend went to bed, where she listened to Cachene's attack continue.

Rider proceeded to dump Cachene's bed down her stairs.

The next day, the friend left by taxi and the other three walked to the train station where Rider apologized to Cachene's boyfriend for killing her.

Cachene's "unrecognizable" body was discovered the next day by her father who had come over to drop her children off.

Rider will next appear in court Oct. 16.

FAST FACTS

■ Isaiah Riel Rider was charged with manslaughter in the death of Christa Cachene.

■ Cachene was killed in her own home in Oct. 2015, while three people additional to Rider were in the residence, according to an agreed statement of facts (ASF).

■ A witness statement said Cachene stabbed Rider in the back and hand before Rider beat the woman to death in her living room.



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Jeff Mooij founded and operates the 420 Clinic in Inglewood, which helps patients navigate medical marijuana laws in Canada. ELIZABETH CAMERON/FOR METRO

Regulate THC levels, not age: Pot experts

LEGALIZATION

Feds have set minimum age for consuming cannabis at 18



Elizabeth Cameron
For Metro | Calgary

Don't regulate the age, regulate the high.

That could help solve the puzzle of determining what the best age is to allow Albertans to purchase cannabis products, but not everyone agrees.

Last week, the federal government revealed the min-

imum age of consumption would be 18, but provinces can choose to set it higher.

According to the Canadian Psychiatric Association (CPA), cannabis with high tetrahydrocannabinol (THC) content can have affect mental health and cognitive outcomes people who start smoking pot earlier in life.

"Research shows that the human brain continues to develop until around the age of 25, and based on the evidence, psychiatrists are concerned that regular use of cannabis prior to that age may negatively affect the brain's healthy maturation process," said Dr. Renuka Prasad, president of the CPA.

The association wants the legal age to be 21 and for the government to restrict the quantity and potency of cannabis products available to people between the age of 21 and 25.

Jeff Mooij, the founder and owner of the 420 Clinic in Calgary, was blunt.

"It would be a waste of time," Mooij said.

"You're not going to stop them — if the guy on the street says he has some really strong stuff, they'll go get that and then it's not clean or safe," Mooij said.

"I think we have to set the age and get over it."

Dr. Matt Hill, a self-described brain scientist who studies cannabinoids at the University of Calgary, said he could support

regulating the THC levels available to Albertans based on their age, but setting a higher minimum age would negate the purpose of legalizing cannabis.

"All of the regulatory issues that have driven the whole point of legalization — to kill the black market, create a consistent product and monitor THC levels — all of that would be lost," Hill told Metro.

"From a public health perspective, concerns about cannabis, while real to some degree, are a drop in the ocean compared to opiates and even alcohol," he said.

"There's no reason for them to be downing tequila as opposed to drinking beer, if you get the analogy."

Tokers take to city hall for pot protest

They were going to protest government bureaucracy ... but then they got high.

A few hundred medical marijuana patients, recreational tokers and curious Calgarians gathered at City Hall for the annual 420 protest. But it was more celebration than protest this year.

"I've got a lot of pot smoking friends — I haven't seen them down here yet but I guarantee they'll be down in the next few years," said Scott Dobler, a medical marijuana patient who suffers from chronic pain.

He broke several bones in



Hundreds of Calgarians celebrated 4-20 at City Hall on Thursday. ELIZABETH CAMERON/FOR METRO

his body in a snowboarding accident more than 20 years ago and found medical pot

helped a lot.

He said legalization will be a good move because people

will be able to choose the consumption method and type of pot that works for them.

"I think year after year (420 is) just going to keep getting bigger and bigger," Dobler said.

Recreational user Dean Mitchell brought his bong to the event — something he said he wouldn't have chanced if legalization wasn't on the horizon.

"It's way bigger than it was last year," Mitchell said, looking at the crowd. "There will be a bigger party next year for sure."

ELIZABETH CAMERON/FOR METRO

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Hockey parents will need to take course

SPORTS

Other minor leagues have followed Calgary's lead

Minor hockey parents in Calgary will soon have to take a refresher every four years of an online course designed to limit bad behaviour at the rink.

Hockey Calgary was the first minor sports organization in Canada to introduce the mandatory Respect in Sport course for hockey parents and coaches in 2010. It requires at least one parent from each hockey household to obtain course certification.

Several other minor hockey associations across the country have followed Calgary's lead.

As of May 1, Calgary hockey parents will require recertification every four years.

"This is about polishing the good apples in the basket," former NHL player Sheldon Kennedy, a co-founder of Respect Group, said Thursday. "This is about making good parents better."

Kevin Kobelka, Hockey Calgary's executive director, said the \$12 course not only prepares parents to stand up to others who are misbehaving, but also provides information

on concussions and long-term hockey development.

"It has evolved to be much more than just a program about influencing behaviour within the arena," Kobelka said.

"This program was never designed to be one and done, and we believe our role as leaders in hockey is to educate our members and promote positive behaviours in the hockey environment."

A three-year study of the pro-

gram released in 2014 found an overwhelming success rate in preparing parents.

"Study participants stated they had the confidence to speak up if they witnessed maltreatment," said Julie Booke, an associate professor at Mount Royal University. "The parents had more knowledge where to bring their concerns to and they were more likely to speak up if they witnessed maltreatment."

Booke said only eight per cent

of 1,000 parents interviewed said the program should never have been implemented.

Kennedy, who was the first person to detail his sexual abuse at the hands of his junior hockey coach Graham James, is the lead director of the Sheldon Kennedy Child Advocacy Centre.

He said 300,000 hockey parents across Canada have taken the certification course and it appears to be working.

THE CANADIAN PRESS

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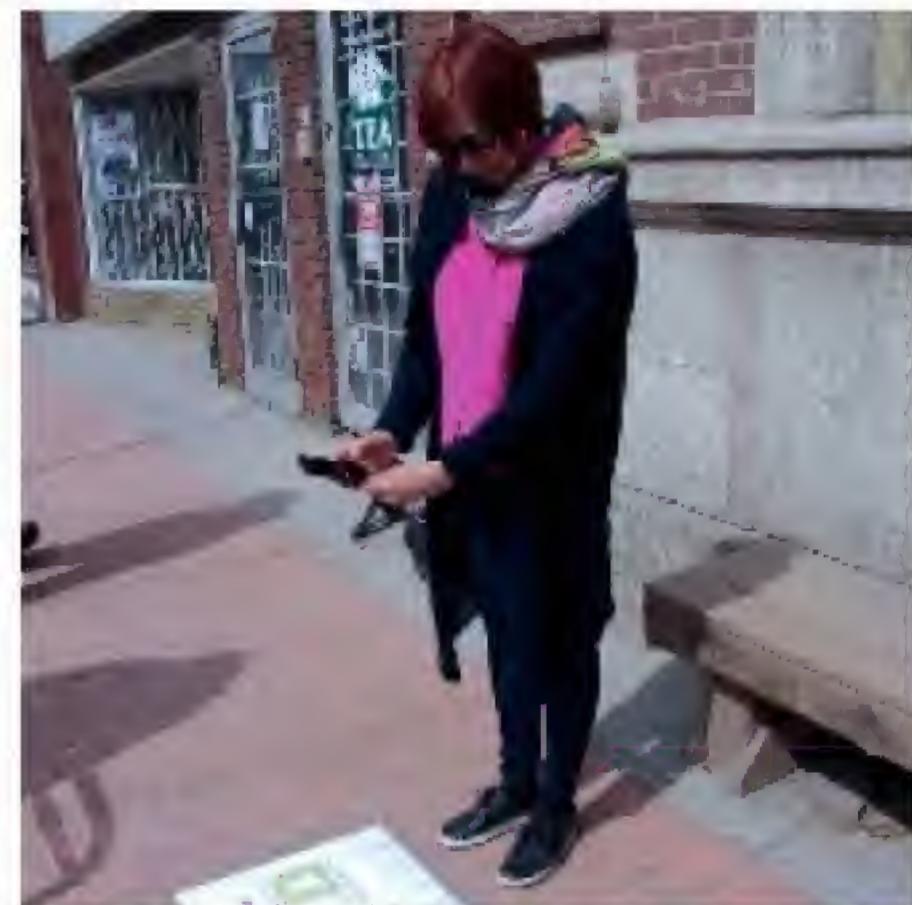
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Inglewood Business Improvement Area executive director Rebecca O'Brien demonstrates how to use Snapchat to send feedback. BRODIE THOMAS/METRO

INGLEWOOD

City using Snapchat for consultation



Brodie Thomas
Metro | Calgary

stop and see the Snapchat symbol and they'll know what to do."

She said Inglewood residents expressed an interest in wanting to try new ways of engagement, and the city is interested in seeing if people actually use the Snapchat feature. If it catches on, they may use it for other public consultations.

As it works to develop a street-scape master plan for 9 Avenue SE in Inglewood, the city is giving residents the option to provide feedback via the Snapchat app.

Temporary displays on sidewalks will invite users to take a Snapchat of a symbol, which will route their smartphone to a city website where they can answer a question.

Carlie Ferguson, Urban Strategy Lead for the City of Calgary, said they were looking for a way to easily direct people to a feedback website, but said QR codes hadn't really caught on in Canada.

"I think it's catchy because it's a really recognizable symbol, so people that are out on the weekend exploring Inglewood might

see the symbol and they'll know what to do."

She said Inglewood residents expressed an interest in wanting to try new ways of engagement, and the city is interested in seeing if people actually use the Snapchat feature. If it catches on, they may use it for other public consultations.

Rebecca O'Brien, executive director of the Inglewood Business Improvement Area said she hopes the Snapchat option draws out new ideas from people who might not otherwise attend open houses. She'd like to see the streetscaping lead to a more pedestrian-friendly area.

"I'd like to see wider sidewalks, increased numbers of signalized intersections. I'd like to see traffic moving slowly, and I'd like to see lots of people on the street and businesses busy."

A kiosk for more traditional engagement will be available in front of Jack Long Park until May 1. Residents can also give engagement online at engage.calgary.ca/InglewoodRamsay.



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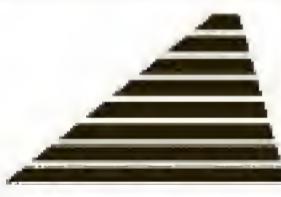
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Harvey Kell, left, and Tony Ries are seen in this undated photo from GoFundMe. Kell contracted a flesh-eating bacteria infection in his leg while on vacation. GOFUNDME/THE CANADIAN PRESS/HO

Calgarian stricken on holiday in Asia

CROWDFUNDING

Flesh-eating bacteria sends man to ICU

A crowdfunding effort is underway to help a Calgary man who contracted a flesh-eating bacteria infection in his leg while vacationing in southeast Asia.

Friends of Harvey Kell and Tony Ries set up a GoFundMe page after Kell fell ill on a flight the pair were taking home from Thailand.

An update on the crowdfunding site, relayed from Ries, says Kell noticed a bruise on his lower leg when they landed in Taiwan and then the leg began to swell.

It says Kell was later diagnosed with necrotizing fasciitis and

placed in an intensive care unit in Taiwan.

Because Kell and Ries were on their way home when the illness struck, the site says their travel medical insurance has run out and they're facing financial strain.

An update from Ries posted on Thursday says Kell is showing improvement in hospital.

"He is conscious now and I was able to communicate with him. I told him everyone is sending love and prayers for a hasty recovery and return home," the post read.

It indicated that Kell did have an intubation tube removed, but

that it would likely be put back in and he would have to return to being on a ventilator.

The post goes on to say that while Kell is improving, the doctors weren't able to provide details on how long it would be before he could be moved back home.

"For me, this looks like a turning point. I'm hoping he can be repatriated soon and end this ordeal," the posted concluded.

The GoFundMe campaign is aiming for \$50,000, and as of 7 p.m. Thursday it had reached \$19,227.

THE CANADIAN PRESS

ENERGY

TransAlta commits to phase out coal power ahead of deadline

TransAlta Corp. CEO Dawn Farrell says the company has committed to phase out its coal-fired power plants years ahead of Alberta government deadlines.

Speaking at the company's annual meeting Thursday, Farrell said the company will shut some coal units by 2018, while converting others to natural gas to be free of coal-fired power plants by the end of 2023, six years ahead of a deadline set by the provincial government.

The move comes after what the board of directors said was the most significant period in many years as the company

reached an agreement with the Alberta government on compensation for phasing out coal.

The board awarded Farrell \$2.73 million in incentive compensation as part of her \$7.39-million total compensation for what it said was extraordinary leadership, but shareholders disagreed, voting Thursday against a non-binding resolution on the executive compensation plan with 53 per cent opposed.

The coal phase-out plan has TransAlta shutting down the 560 megawatts of generation from Sundance Unit 1 and 2 by the start of 2018, two years

ahead of a federally required date, while applying to keep open the option of restarting Unit 2 between 2019 and 2021.

The company has also committed to convert three other Sundance units and two Keephills units, representing about 2,400 megawatts of capacity, from coal to gas by 2023, which it says will extend the life of the units into the mid-2030s.

Farrell said TransAlta would immediately start securing the up to 700 million cubic feet of gas per day that will be required to power the plants, including construction of a needed pipeline. THE CANADIAN PRESS

'Alternative' pain services needed

HEALTH

Plan prevents addiction to prescription opioids: Doc

Elizabeth Cameron
For Metro | Calgary

"Alternative" chronic pain and addiction services are urgently needed in Alberta if the province wants to prevent a new generation from getting addicted to prescription opioids, according to the registrar of the College of Physicians and Surgeons of Alberta.

Dr. Trevor Theman said a major challenge is the limited number of chronic pain specialists and treatment facilities available for sufferers, which forces patients and physicians to default to opioid prescriptions.

"If some other services were publicly funded, that wouldn't be a barrier to patients looking for non-opioid treatments," Theman said.

He said access to non-pharmaceutical options such as physiotherapy, chiropractic or even psychology services should be expanded.

"It's easy to say, 'Use fewer opioids' and 'reduce your prescribing,' but if patients are struggling and can't afford these other services or they're not readily available — it limits our options."

Debbie Patterson, a registered physiotherapist who has specialized in persistent pain for the past three decades, said many of her patients are on prescription pain medication when they first meet.

"I'll also tell you a significant



Physiotherapy can help alleviate chronic pain.

THE CANADIAN PRESS FILE

number of them are able to decrease their dose or wean off their medication as I'm working with them — although not all of them," Patterson said.

"Can they get rid of the pain 100 per cent? Some people can, and some people cannot, but I haven't had a patient who has not changed even somewhat and who isn't happy with the changes they've had," Patterson said.

She said physiotherapists

are uniquely equipped to assess and find a way to treat persistent pain in the brain rather than solely addressing the physical tissues in agony.

"If we provide the same kind of treatment to someone with an acute back sprain as someone with chronic low back pain, they're going to get short-term relief at best — that's not an effective use of our health care dollars," Patterson said.

AIRLINES

WestJet pilots seeking vote to unionize under global group

WestJet pilots are again seeking to form a union, the Air Line Pilots Association, International, said Thursday.

It says pilots at the Calgary-based airline filed membership cards with the Canada Industrial Relations Board to hold a vote to be represented by the world's largest airline pilot union.

The association says it expects a secret-ballot election will be held in May after the board verifies the membership cards.

WestJet pilots voted to re-

55,000

Number of pilots represented by the Air Line Pilots Association at 32 airlines in Canada and the U.S.

ject a unionization drive by the WestJet Professional Pilots Association in 2015.

ALPA president Capt. Tim

Canoll said in a news release that a vote to join the union will give the pilots the resources to begin negotiations for a collective bargaining agreement.

WestJet didn't immediately respond to a request for comment.

The Air Line Pilots Association represents 55,000 pilots at 32 airlines in Canada and the U.S., including Air Transat, Air Georgian, Bearskin, Calm Air and Jazz Aviation.

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WEEKEND EVENTS

Music, Shakespeare, improv and more

FRIDAY

Studio Bell After Hours

The home of the National Music Centre is laying out the welcome mat a little longer, with their after-hours event, geared to the above 18 crowd. All five floors of the National Music Centre are open late, with live DJs, a dance party, Guitar Hero, pop up bars and more.

For more information, visit studiotell.ca

SATURDAY

Bard Bash

Celebrate old Bill's 453rd birthday with the Shakespeare Company. Celebrate the Bard Bash at the Wild Rose brewery with birthday cake, drinks and loot bags — and also hear about the Shakespeare Company's plans for the 2017/18 season. The Shakespeare Company specializes in bringing the Bard's classics to stage.

For more information, visit shakespearecompany.com

SATURDAY

The Improv Games

Improv comedy meets The Hunger Games, as two tributes are selected representing two improv troupes. The winner — whoever is funnier. The audience will vote and only one will emerge victorious. There will be a makeup artist, photo booth, and audience members are encouraged to dress up, Capitol-style.

The event takes place 8 p.m. at Festival Hall.

SUNDAY

Spoken Word Festival

This weekend, the annual Calgary Spoken Word Festival kicks off for National Poetry Month. Hosted at Hotel Arts and Festival Hall, there are four days of workshops and performances, including festival founder Sheri D and internationally known poets.

For more information, you can visit calgaryspokenwordfestival.com

AARON CHATHA/METRO



Many of the Miles Davis Electric Band members performed with the icon during his prime. COURTESY ARTS COMMONS

Spirit of Miles Davis trumpets in

PERFORMANCE

It was always about the music: Jazz icon's nephew

Aaron Chatha
Metro | Calgary

Get your jazz hands up — the Miles Davis Electric Band, headed by Vince Wilburn Jr (the nephew of jazz icon Miles Davis) will be performing in Calgary on April 27, at the Arts Commons Jack Singer Concert Hall.

What was Miles Davis like growing up?

First and foremost, it was always about the music. He sacrificed family, relationships. It was always about the music.

First one to wake up in the morning, last one to go to sleep at night. He brought the music forward, never looking back.

How did that dedication influence you and your career?

I was like a sponge. Still, I fan out and I observe musicians and artists. His work ethic was what rubbed off on me. To give people something exciting and new, and keep pushing the music, you know.

Miles Electric Band — it's not just a cover band, it's much more, right?

Definitely. It's not a cover band, not a tribute band.

It's an interpretation of this great music recorded by my uncle, with our spin on it. The majority of the band worked with Miles — Darryl Jones, myself, Blackbyrd, Munyungo.

What's the atmosphere like at a typical Miles Electric Band show?

Man, you gotta come. Everybody gets something from it. And that's a positive. A positive response.

And how much fun do you have being on stage, playing?

Pshh. Come on man. Come on now. Pshh. We're playing tomorrow night. I love it. I wish we were playing tonight. I can't wait to get to Calgary. I'm sad we have three days off to go back to LA. I'd rather go from Hawaii to Calgary. I'm serious, you know?

Finally, for young people who aren't familiar with Miles, what would you say to get them to a show?

To come with an open heart and open ears. This is how you should approach music. Don't limit yourself. When I was coming up, I listened to everything. Our bass player plays the Rolling Stones. Our percussionist plays Stevie Wonder. We all like Radio Head, Coldplay, Kendrick Lamar.

When you're colouring and you got a crayon box, you don't just use the one crayon, do you? When I was a kid, I wanted the big box of all the colours. We're coming with a big crayon box, with all the colours baby.

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\$15,355

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Brass set to make funding project history

PASTIME

Board game met its initial funding goal in 23 minutes



Aaron Chatha
Metro | Calgary

A Calgary-published board game is on-track to becoming the highest funded Kickstarter project in Alberta's history.

Brass, by Roxley Games, launched with a goal of \$80,000.

It hit that within 23 minutes.

Within only a few days, more than 5,000 backers have pledged more than \$646,000 to the project.

It's not a big surprise coming from Roxley — the company actually holds the records for the current highest funded Kickstarter project, with their last board game Santorini. It raised just more than \$700,000.

Albertans sure do love board games.

Brass itself is actually about a decade old, made by famous board game designer Martin Wallace. Roxley Games convinced him not only to let them redesign the classic game for the 10th anniversary, but also help design the brand new

sequel — both of which the Kickstarter is funding.

"I just feel honoured to be part of it," said designer Matt Tolman.

"Roxley's been doing a good job the last couple of years, so the goodwill they've built up has nothing to do with me, I'm just riding on their coattails in that regard. But it's really an honour to be associated with Martin Wallace, one of my favourite game designers of all time."

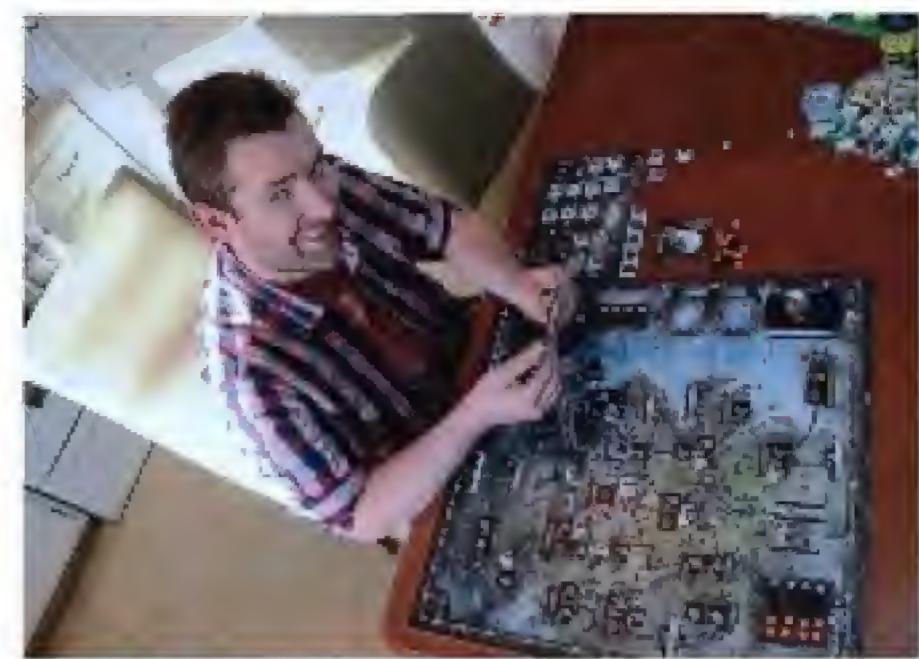
The original Brass is an economic strategy game about building cotton mills in the industrial revolution. The sequel, Brass Birmingham, is expands on the idea by expanding the

map and industries to include steam power, iron, coin factories, breweries and more.

With Wallace and Roxley owner Gavan Brown, Tolman used every ounce of his experience as a game designer to build a worthy sequel.

"If it's not amazing, then we'll forever be the guys that ruined Brass," he grimaced. "When we tore down the prototype and started the rebuild, it really came together well. I was glad — at that moment, I was like, 'OK, now I'm not scared to death.'"

Brass and the sequel will ship to Kickstarter backers by the beginning of next year, and hit store shelves shortly after.



Matt Tolman shows off a prototype of the new Brass board game. AARON CHATHA/METRO



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A DOUBLE WHAMMY FOR YOUR DOUBLE CHINN!


Roberta Segar

Jokes about double chins abound but if you have one you may not find them either cute or funny. Excess fat below the chin can be caused by a variety of factors, including obesity and aging, but sometimes it's simply a matter of genetics. Double chins are not considered attractive and if you have fat under your chin you probably don't like it. Double chin exercises do not work but fortunately there are new medical treatments available that do.

Coolsculpting for Double Chins:

Coolsculpting is the revolutionary treatment that freezes away fat. It is a non-surgical alternative to liposuction that can get rid of stubborn pockets of fat, safely and permanently. Various sized applicators are used to treat different areas of the body. CoolMax, the largest handpiece is used to debulk. CoolCore is for areas with less fat, CoolCurve is for curvier contours, CoolFit fits perfectly on arms and inner thighs, while CoolSmooth is used to treat outer thighs. The newest handpiece, Cool-Mini, is used to treat very small areas. It works great at freezing away fat on the submental area of the neck and other areas that do not have enough fat to use any of the larger applicators.

Skinny Chinny for Smaller Double Chins:

What if you have fat under your chin but not enough to fill up a CoolMini applicator? Or what if you still have fat after Coolsculpting, but not enough to repeat the treatment? There is another solution available and we call it Skinny Chinny. Treatment of fat under the chin with small injections of Deoxycholic Acid (a bile acid that is natural to the body and used to dissolve fat) is gaining in popularity. Skinpossible uses the brand of Deoxycholic Acid known as Belkyra, which is also known as Kybella in the U.S. Health Canada has recently ap-

proved Belkyra for treatment of submental fat. It's like liposuction in a syringe.

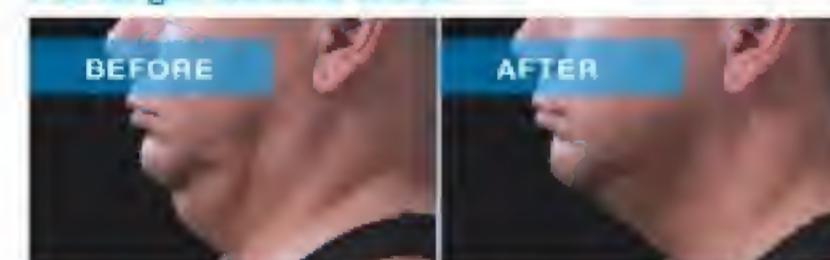
So chin up, chin up, Buttercup! No, I am not talking about exercises done at the gym. I'm talking about real solutions that can get rid of the fat under your chin for good. If you would like to know if you are a candidate for CoolSculpting's CoolMini or our Skinny Chinny Deoxycholic Acid injections call and book your free consultation. Evening and weekend appointments are available and parking is free.

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CoolSculpting CoolMini

For larger double chins



Skinny Chinny Injections

For smaller double chins



James Marsters is best known for his portrayal of Spike in *Buffy The Vampire Slayer*, but more recently for touring with his band. COURTESY COMIC EXPO

Vampire slayer in tune at comic expo

ENTERTAINMENT

James Marsters details how he kept Spike alive on *Buffy* series

 **Aaron Chatha**
Metro | Calgary

From the second season of *Buffy the Vampire Slayer*, Spike stole the show.

Played by actor James Marsters (who will be coming to Comic Expo next week), Spike went from recurring character, to a member of the main cast, having a romance with the main character and even joining the spin-off show *Angel*.

Not bad considering he was supposed to be killed off after a few episodes.

"I was really desperately poor when I got the role," Marsters recalled. "So, my main thing, I was trying to

find a way to not get killed off. I tried to convince Joss (Whedon, show creator) to keep me alive and being paid money. I had just had a son, and I needed diaper money and doctor money. So I was very well motivated to burrow my way into that show like a tick."

Whedon told Marsters that the Spike was supposed to be a soulless monster without emotion.

"When he said that to me, I said 'right on boss. Thumbs up'. He walked away, and I thought no way in hell I'm going to do that."

Instead Marsters cheated, pouring all his talent into playing up the love angle of his character with fellow vampire Drusilla. He also honed in on Sarah Michelle's character, trying to create a connection on screen.

It worked, and the character took off, much to Whedon's dismay. According to Marsters, the creator of the show didn't like the idea of a vampire be-

ing cool and sexy – evil should be evil. But fans demanded Spike stick around, so he worked with the character.

And fellow actors helped Marsters through his admittedly horrible fake British accent.

"The accent wasn't that great. I've watched *School Hard*, the first episode I show, and there's some points where it really sucks," he laughed. "My first line is really horrible."

"Tony, the guy who plays Giles on the show, lost patience with me. At some point he came to me and forced me to be tutored, and I'll forever be indebted to him. He wasn't that friendly at times, but he was very, very helpful."

Marsters is currently showing off his comedic chops in a web-series about two idiots playing video games (poorly) in *ViDiOTS*, and playing with his band *Ghost of the Robot*. Marsters plays the official after party at the Calgary Comic Expo.

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The southern resident killer whales are an endangered orca population that live in the Salish Sea off B.C.'s coast. 15569/DFO SARA

It isn't too late to save the orcas, scientists say

SALISH SEA

There are only 78 of the iconic whales left in waters of B.C.



**Wanyee
Li**

Metro | Vancouver

Last year was not a good year for the whales.

Seven members of the Salish Sea orca population, including two breeding-age females, two breeding-age males, two calves, and one elder died in 2016.

Researchers say with only 78 orcas left, that death rate is not

sustainable. The whales are declining for a variety of reasons ranging from infection, starvation, and conflict with large ships, both head-on and from the noise pollution they emit.

The good news is the orcas off B.C.'s coast are among the most studied marine mammals in the world. Scientists say they know how to save them.

"This is the saddest part. We know what to do to save these animals. The problem is whether we will find the political will to do something about it," said Giles, a scientist at the Center for Whale Research in Washington State.

"If we do it fast enough, then yes, I think this population can rebound."

The Salish Sea orcas, also

called the southern resident killer whales, are a distinct group of orcas that have their own distinct culture, language, and genealogy. They survived the 1960s and 70s where about 50 of them were either captured for captivity or killed, but the iconic population is now facing a no less dangerous situation.

The endangered whales are swimming in a toxic soup that makes it harder for them to find the little prey that remains, all the while having to dodge oil tankers. Tanker traffic in the Salish Sea is forecasted to increase seven fold after the Kinder Morgan expands its pipeline through Burnaby, B.C. in 2019.

Researchers agree this combination of threats, if not ad-

dressed, is enough to choke the iconic animals until there are not enough whales to keep the population alive.

"It's like a death by a thousand cuts," said Giles.

She and her team are responsible for taking a bi-annual census of the Salish Sea orca population and both Canadian and American governments rely on that data for their records.

The Canadian government announced its intention to help preserve the northern and southern resident killer whale population in 2011 and committed to an action plan in 2017.

But wildlife advocates describe the plan as a commitment to do something, rather than actually doing something.

MICROFIBERS

A pollutant like no other



**Matt
Kielyka**
Metro | Edmonton

So you divert recyclables and organics from the landfill, bring reusable shopping bags to the grocery store and have phased out cleaning products with harmful chemicals in them. Think you've cut out the most harmful environmental practices in your green-conscious home?

Think again.

Vancouver Aquarium researcher Dr. Peter Ross is at the forefront of studying one of the lesser known but most prevalent ocean pollutants today and the source may surprise you.

"There's kind of a smoking gun, if you will, that suggests clothing and textiles through laundry and waste water is releasing large quantities of fibres into coastal waters," said Ross, the director of the Ocean Pollution Research Program at the aquarium's Coastal Ocean Research Institute. "It's really a pollutant like nothing I've worked on before. With other pollutants, you can take a sample from the environment and say I found 'X' concentration of mercury. In this case, there's an infinite number of permutations in terms of shape, size, density, colour, additives and etcetera."

Synthetic fibres – like the polyester found in fleece jackets – make up as much as 80 per cent of the microplastics in oceans,

according to Ross. Samples taken from the Strait of Georgia show an average of 3,200 particles of microplastics per cubic metre of seawater, which are then ingested by zooplankton and fish at the bottom of the food chain.

Washing a single item of clothing can release between 10,000 to 400,000 microfibres per cycle as it degrades over time and shreds in the laundry.

While the public is largely unaware of the issue, industry has taken notice. In March, Ross partnered with Mountain Equipment Co-op to research the presence of polyester, nylon and acrylic fibres in the ocean and trace them back to the source.

MBC chief product officer Jeff Crook says the outfitter has been concerned about microfibres for several years but the industry has more questions than answers at the moment.

"When I'm around industry people, this is definitely bubbling up as a topic," said Crook. "Everyone is sort of lit up on the issue but there are a lot of questions. Which is why our research with the aquarium, for us, is so important, because we get hard data that helps us map a course out how we proceed and make the situation better. This is one of those areas where we can make a difference."

Ross is also working with the Metro Vancouver and Capital regional districts to see how wastewater treatment and filtration can be improved.

It's really a pollutant like nothing I've worked on before. There's an infinite number of permutations in terms of shape, size, density, colour, additives and etcetera

Dr. Peter Ross

Public Member

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Minister of Immigration, Refugees and Citizenship Ahmed Hussen says studies show "there is a subliminal bias in people reading too much into names." THE CANADIAN PRESS

Ottawa pilots 'name-blind' recruitment

RECRUITMENT

Information revealing race and ethnicity will be removed

Ottawa has launched a pilot project to reduce biases in the hiring of federal civil services through what is billed "name-blind" recruitment, a practice long urged by employment equity advocates.

The Liberal government's move came on the heel of a joint study by University of Toronto and Ryerson University earlier this year that found job candidates with Asian names and Canadian qualifications are less likely to be called for interviews than counterparts with Anglo-Canadian names even if they have a better education.

"It's not just an issue of concern for me but for a lot of people. A number of people have conducted research in Canada, the U.K., Australia and the U.S. that showed there is a subliminal bias in people reading too much into names," said Immigration Minister Ahmed Hussen, who first delivered the idea to Parliament last year as a rookie MP from Toronto.

"Name-blind" recruitment could help ensure the public service reflects the people it serves

by helping to reduce unconscious bias in the hiring process."

Some companies in the private sector including banks and accounting firms have already adopted the practice, which removes names from application forms in order to stop "unconscious bias" against potential recruits from minority backgrounds. In the United Kingdom, the government now requires name-blind applications for university admissions service and other applications for organizations such as the civil service, British Broadcasting Company and local government.

U of T sociology professor Jeffrey Reitz said the initiative is an important step forward but cautioned officials they must consult independent experts in developing the process and reviewing the results to make sure it is done right.

To conduct name-blind screening, he said, recruiters must remove any information on a resumé that would reveal the ethnicity of the person, such as name, birth place and membership of association before coding the candidates in the talent pool.

"If the government is serious about it, they need to make the process transparent," said Reitz, a co-author of the Canadian study on name discrimination against Asians. TORSTAR NEWS SERVICE

BORDER

Human smuggling probe leads to arrests

Authorities in the United States say two Canadian citizens and one person from Nigeria have been apprehended as part of an investigation into human smuggling.

The United States Border Patrol says agents picked up the three people last Friday between the North Portal and Northgate crossings, the legal entry points into Saskatchewan from North Dakota.

It was not immediately clear whether the people are still in

custody or if charges have been laid.

The investigation has already led to the arrest and charges against a Saskatchewan woman.

Michelle Omoruyi, 43, is charged with human smuggling and conspiracy to commit human smuggling. She is to appear in court May 15 in Estevan, Sask.

An investigation into organized human smuggling in southeastern Saskatchewan began last December after Canadian border officers referred a returning male

Canadian resident for further examination.

The Canadian Border Services Agency said there was evidence to suggest smugglers were bringing foreign nationals into Canada from the United States.

Last Friday, American border authorities identified a suspect in the investigation as he entered the U.S. They notified their Canadian counterparts, who in turn alerted the RCMP "that a smuggling attempt may be imminent."

THE CANADIAN PRESS

IN BRIEF

Lumber train derails in Vancouver Island

Runaway rail cars loaded with logs crashed into an unsuspecting work crew in the tiny community of Woss on northern Vancouver Island, killing two people and injuring three others.

A RCMP release says two people didn't survive the crash, while the other three have been transported to hospital with undetermined injuries. THE CANADIAN PRESS

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Dark devotion to death penalty in U.S.

Arkansas' power and desire to kill its own citizens has been complicated by drug shortage, but the thirst to put people in their place in the U.S. is epitomized by their president Donald Trump



ROSEMARY WESTWOOD
From the U.S.

One of the ways I've sought to understand the United States, as a Canadian, has been to compare our absurdities. One inexplicable aspect of American life is the ongoing, vehement, pseudo-religious devotion of some to capital punishment. For weeks now, Arkansas has been in the news for fast-tracking the execution of 11 men in 11 days.

Anyone following the modern death sentence in America knows the means of execution, namely drugs, is often a source of inconvenience for U.S. states. Only certain drugs are allowed. You can only get them from certain companies.

There's been a multi-year shortage of said drugs. And eventually, they expire. Arkansas's supply of the sedative midazolam, one of the drugs used in executions, will expire at the end of the month. Thus the state finds itself with enough drugs to kill eight inmates, but not enough time.



Pulaski County Circuit Judge Wendell Griffen (lying down) takes part in an anti-death penalty demonstration on Friday in Little Rock, Ark. Griffen issued a temporary restraining order Friday blocking the state from using its supply of vecuronium bromide after a company said it had sold the drug to the state for medical purposes, not capital punishment. THE ASSOCIATED PRESS

Or not enough time to move at the regular pace. Enter a flurry of legal challenges, and this week the state's supreme court blocked two executions (it had already blocked one). State officials are keen to follow through on the rest, leading to such news reports as: "Arkansas remains hopeful it can execute five

inmates before the end of the month." Capital punishment is the pinnacle of governmental arrogance. It is among the purest examples of unilateral, complete state power: the power to kill.

Unilateral, complete government power is not exactly desirable in a democracy, not exactly a hallmark of freedom.

And yet, in the same week Arkansas is battling it out in the courts to kill its citizens, the U.S. president took time to congratulate the Turkish prime minister Recep Tayyip Erdogan in his ongoing efforts to concentrate power. Erdogan narrowly won a recent referendum that observers warn could have been manipulated

by as many as 2.5 million votes.

Donald Trump's reaction was to give the Turkish leader a "well done" call. In the past year, Erdogan has responded to a coup attempt by jailing hundreds of journalists, shutting down dissenting media, and silencing critics. He told election observers warning of

possible voter fraud to "know their place."

Disturbingly, those do sound like the words of a man Trump would admire. Trump is exactly a man who likes others to know their place. Namely: beneath him. Protesters last weekend demanding Trump release his tax returns were met with Trump's trademark anger and incredulity: "The election is over!" he tweeted, while repeating the ridiculous claim that protesters were paid. The place of the U.S. public is not, as Trump would have it, in his proverbial pocket. It is not one of unthinking loyalty. The place of the U.S. public is one of oversight. Of the critic. And in four years: of the boss. It remains to be seen how much Trump's obsession with power will change the presidency. Enough Americans, especially Republicans, appear pleased to have him and his strong man (ignorant man) ways. Just as 49 per cent (as of September) support the death penalty. Inexplicable support on both counts, but true.

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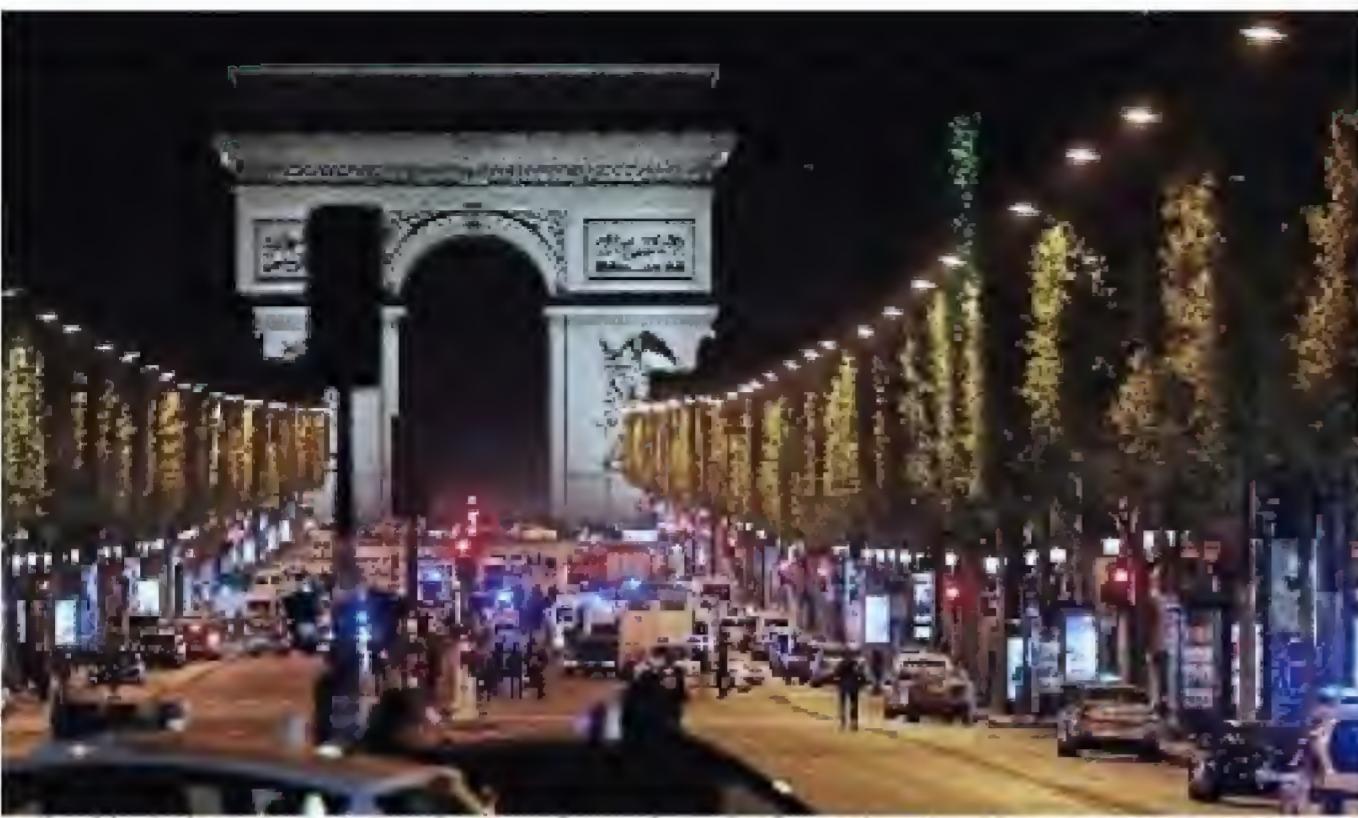
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Police block the access to the Champs-Elysées in Paris after a shooting Thursday. GETTY IMAGES

Attacker opens fire on Champs-Elysées

TERROR

Daesh quickly claimed responsibility for the attack

A gunman opened fire on police on Paris' iconic Champs-Elysées boulevard Thursday night, killing one officer and wounding three people before police shot and killed him. Daesh quickly claimed responsibility for the attack.

French presidential candidates cancelled or rescheduled last-minute campaign events ahead of Sunday's first round vote in the tense election. Security already was a dominant theme in the race, and the violence on the sparkling boulevard threatened to weigh on voters' decisions.

Investigators were conducting

searches early Friday in at least one eastern suburb of Paris, according to three police officials. Authorities were trying to determine whether the assailant had accomplices, anti-terrorism prosecutor Francois Molins told reporters at the scene.

The attacker emerged from a car and used an automatic weapon to shoot at officers outside a Marks & Spencer's store at the centre of the Champs-Elysées, Molins said. Two police officers and a woman tourist were wounded, he said.

Daesh's claim of responsibility just a few hours after the attack came unusually swiftly for extremist group, which has been losing territory in Iraq and Syria.

In a statement from its Amaq news agency, the group gave a pseudonym for the shooter, Abu Yusuf al-Beljiki, indicating he was Belgian or had lived in Belgium. The group described it as an attack "in the heart of Paris."

Police and soldiers sealed off the area, ordering tourists back into hotels and blocking people from approaching the scene.

The attacker had been flagged as an extremist, according to two police officials, speaking on condition of anonymity because they weren't authorized to publicly discuss the investigation.

On Thursday night, emergency vehicles blocked the wide Champs-Elysées, an avenue lined with shops and normally packed with cars and tourists that cuts across central Paris between the Arc de Triomphe and the Tuileries Gardens. Subway stations were closed off.

French President Francois Hollande said he is convinced the circumstances of the latest attack pointed to a terrorist act. Hollande held an emergency meeting with the prime minister Thursday night and planned to convene the defence council Friday morning. THE ASSOCIATED PRESS

POLITICS

Trump slams Canada from the Oval

U.S. President Donald Trump unleashed on Canada from the Oval Office Thursday, suggesting that the country was "taking advantage" of U.S. workers and demanding trade renegotiations begin "very quickly."

Trump denounced the North American Free Trade Agreement as a "disaster" and said he wants Canada to move on three particular industries: dairy farming, lumber and energy.

"The fact is, NAFTA — whether it's Mexico or Canada — is a disaster for our country," Trump said.

"We can't let Canada, or anybody else, take advantage and

do what they did to our workers and to our farmers."

Trump vowed to move "very, very quickly" on negotiations with Canada, saying he would have a more detailed plan in coming weeks.

The president's comments were short on specifics and it's unclear how they will translate into action. Trump has used belligerent language on issues like NAFTA, NATO and China in the past, but has often failed to back up those words with significant policy changes.

Ironically, Trump's comments came only hours after Trudeau praised the president's willingness to listen to reason.

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'Operation Vandelay Industries' nabs Newman

CRIME

Fake architect faces charges



Andrew Fifield
Metro Toronto

Fake news? No, this is real — and it's spectacular.

George Costanza may think "it's not a lie if you believe it," but New York's attorney general disagrees. In a press release marbled with Seinfeld lore, Eric Schneiderman announced that a fake architect named Paul J. Newman faces nearly 60 charges courtesy of a sting named "Operation Vandelay Industries."

Newman is accused of bilking nearly \$200,000 from dozens of clients who paid him for "fraudulent architecture and design services," the release alleges.

"By allegedly falsifying building plans, code compliance inspections and field reports, the defendant jeopardized the safety of those who resided in and fre-



In a case containing one Seinfeld echo after another, a New York man named Paul Newman is accused of being a fake architect who bilked his client out of nearly \$200,000.

CONTRIBUTED

quented the buildings he was contracted to work on," Schneiderman said.

"Deceptive actions like these erode public trust."

The investigation earned its Must See TV moniker from a bogus latex company invented by Seinfeld's George Costanza to deceive his unemployment caseworker. Like many of Can't Stand Ya's schemes, Vandelay

Industries went badly awry.

The name was resurrected several times in later episodes, including the "importer-exporter" Art Vandelay, a fake boyfriend of Elaine's who was part of a ruse intended to cover up George's attempted tryst with Marisa Tomei. That racket, of course, tripped over the details and into crashing failure. But most importantly, as any Se-



Hello, Newman. Paul J. Newman, the president of Cohesion Industries, faces nearly 60 charges after a distinctly Seinfeld-themed sting. CONTRIBUTED

infeld fan knows, an architect is George Costanza's highest ambition when it comes to fake jobs to impress people.

The real Newman has been charged with 58 counts of larceny, forgery, fraud and unlicensed practice of architecture. He faces the prospect of spending up to 15 Festivuses in the same place the Seinfeld gang ended up.

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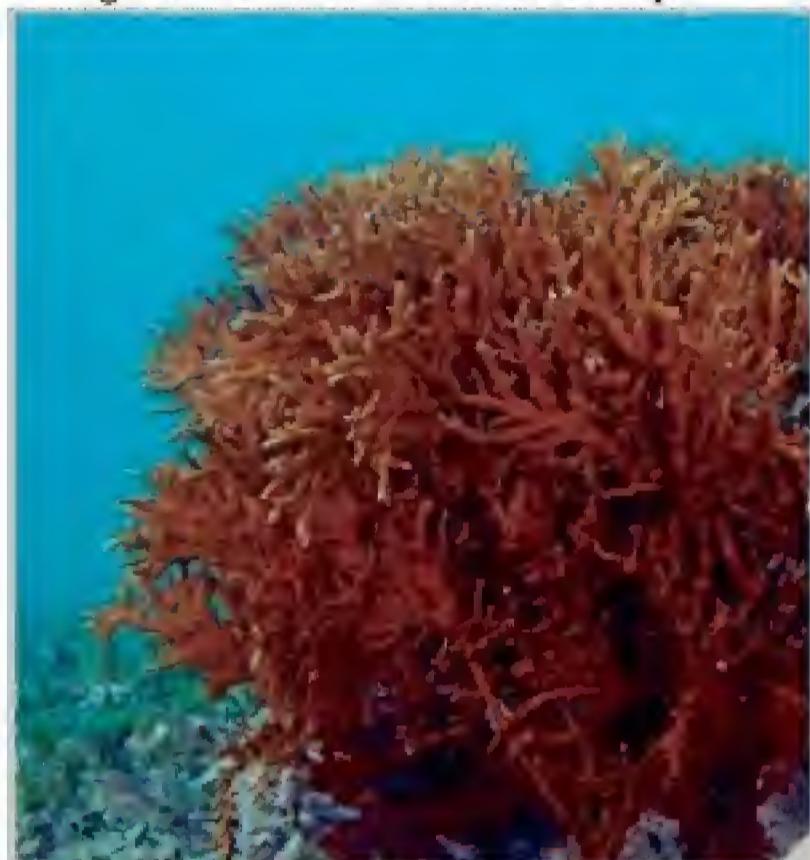
Your essential daily news

METRO take action EARTH DAY 2017

DECODED by Genna Buck and Andrés Plana/Metro

GREAT BARRIER GRIEF

Two-thirds of Australia's teeming Great Barrier Reef could die thanks to **coral bleaching**. To put it glibly, one day this could be a real snorkelling attraction: The Ghost Town Tour. In every direction, as far as the eye can see, swimmers explore a vast white ossuary where a coral reef once teemed with life. This isn't the only reef facing such a bleak fate. **Here's why.**



WHAT IS CORAL BLEACHING?

Stony corals have hard, white skeletons of calcium carbonate that form the basis of reefs. They're covered in friendly, pigment-rich algae called **zooxanthellae**, which give coral their brilliant colours and serve as a major food

source. When algae fall off or die or their pigments degrade, that's **bleaching**. It's fatal within a few months.

Why does it happen?
Change in temperature: Warming water due to

climate change is the leading cause. A cold shock can have the same effect.

Ocean acidity: Excess carbon dioxide in the air dissolves in the ocean, forming carbonic acid. Too much of it hurts corals.

Changing tides: Exposure to air causes bleaching.

Too much sun: If it's too hot outside, algae pigments degrade and produce toxic chemicals.

Pollution: Some human-made chemicals make bleaching worse.

GREAT BARRIER REEF 101

Meet the colossal ecosystem built on a backbone of coral



How big is it?

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- Lake Winnipeg
- Great Bear Lake
- Great Slave Lake
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133 Types of sharks and rays

600 Types of coral

FINDINGS

Your week in science



POLAR ICE CRAP

Antarctica: A vast, unspoiled ecosystem where leopard seals and whales roam without a care in the world. Not so much. A new study out of Concordia University has found that, contrary to popular myth, the outlook for biodiversity at the south pole is 'grim' thanks to threats from growing tourism, overfishing and climate change.

GLASS BATTERIES

Students at UC Riverside have smashed expectations by turning used glass bottles into fully functional nanosilicon anodes — a key component of high-performance batteries used in electric cars and handheld electronics.

SOUND SMART



DEFINITION

Living things that are **sessile** are anchored permanently to something and cannot move under their own power.

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Deborah sits so still when she zones out and watches TV that she seems like she belongs to a **sessile** species.

PHILOSOPHER CAT

by Jason Logan

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CITIZEN SCIENTIST by Genna Buck/Metro

On Earth Day, let's save science too

My stomach fell through the floor when I read the news out of the University of Alberta earlier this month: 13 per cent of an irreplaceable collection of Arctic ice cores are lost forever thanks to a dual malfunction in a freezer and the software monitoring it.

Analyzing the gases trapped in ancient ice is one of the few windows we have into climatic history. They're practically priceless. And now they're water.

The snafu is enough to strike terror into the heart of everyone who has ever made a mistake at

work, a.k.a. everyone.

Far be it for me to point fingers. But I want to draw attention to an overlooked aspect of the story: The ice-core collection was "orphaned" and needed a new home because of budget cuts at Natural Resources Canada. It used to be housed at a federal lab in Ottawa.

Securing scientific knowledge for future generations costs money. Sometimes a lot. But it's more than worth it.

On Earth Day, we focus, rightly, on what we can do to preserve

the precious environments and resources that grace our planet. But preserving knowledge is just as important. And we can't have one without the other.

And most of the time, preserving knowledge about the Earth doesn't require fancy freezers. A digital document will do.

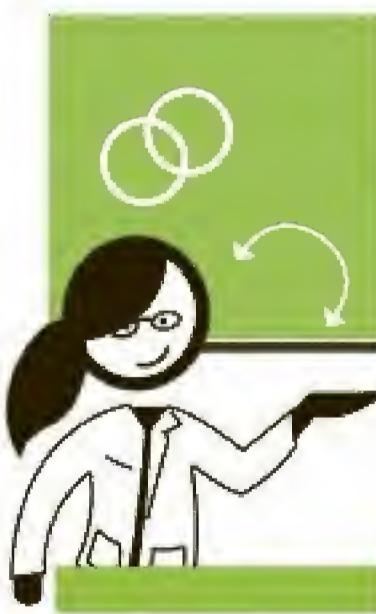
I spoke to UBC hydrologist Sean Fleming this week about how little of the data that's been accumulated about Canada's rivers, invaluable to conservation, is actually available to the public.

Right now, his book *Where the*

River Runs is new. But, as books do, it eventually will go out of print. Presumably it will live on, online. Librarians who convert old books to digital formats, storing them in an easy-to-access way forever, are superheroes. Ditto for the people running the Wayback Machine, a project for capturing websites that have been left fallow online too long and become dead links. Those people deserve props on Earth Day, too.

Science Question?

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metr WEEKEND

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL



Director Nacho Vigalondo says the biggest turning point in his career is when Anne Hathaway signed on to star in his film, *Colossal*, out Friday. CONTRIBUTED

It's a rom com, with monsters

IN FOCUS

Vigalondo's *Colossal* has year's strangest film premise

Richard Crouse
For Metro Canada

Gloria, an unemployed Manhattanite who fills her days — and most nights — with booze.

As her life falls apart she returns to her small hometown a broken, drunken wreck. On home turf she reconnects with Oscar, played by Jason Sudeikis, a childhood friend, now owner of the local bar and possible love interest.

So far it sounds like the set up for an unconventional rom-com.

She takes a job at the tavern, earns some spending cash and access to after-hours booze. Then things take a weird turn.

One afternoon she wakes up with the forty-ounce flu to the news that a giant monster has attacked Seoul, South Korea.

It soon becomes clear to Gloria that she is somehow related to the mysterious attacks. It sounds outrageous, like the ramblings of a drunken sot, but when she takes Oscar to the sandbox in the local playground, the monster suddenly appears on the other side of the earth, mimicking her every move.

He simultaneously reinvents and destroys the form in a movie that might be best referred to as a rom-mon.

"Colossal is an original idea," he says, "and you have to be careful with original ideas. A movie doesn't make it on originality alone, you need something else."

Anne Hathaway stars as

When her actions cause havoc in Seoul she is forced to confront the monster within: her addiction.

Colossal is the kind of script most Rom Com Queens would toss in the trash by page 11. Hathaway, however, throws herself at it, relishing the off-kilter and dowdy character. This may be a monster movie, but the real monster is her alcoholism not the foot stomping Kaiju.

"When Anne Hathaway said she wanted to play this role that was probably the biggest turning point in my whole career. If I had a list of actors in mind I would have been the crazy guy on the block. Let me put it to you this way: Let's fantasize, if this movie becomes an Oscar winner for Best Picture, that would be a lesser jump than these actors wanting to be in this film."

Colossal isn't exactly a monster movie or a Jennifer Aniston-esque rom-com. It is something else, something original and that is its beauty. It's a reinvention, for both Gloria and its genres.

MOVIE RATINGS by Richard Crouse

Colossal ★★★
The Lost City of Z ★★★
Unforgettable ★
Free Fire ★★★

HOW RATING WORKS
★★★ SEE IT
★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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Sienna plays adventurer Percy Fawcett's wife Nina Paterson Fawcett in *The Lost City of Z*. CONTRIBUTED

Sienna Miller finds muse in wife of lost explorer

INTERVIEW

Progressive suffragette inspires and intrigues her

Steve Gow
For Metro Canada

In 1925, an uncompromising explorer named Percy Fawcett was so focused on finding a lost civilization in the Amazon that he disappeared in what seemed a doomed quest — even if Sienna Miller doesn't quite see it that way.

"I've always been drawn to (the idea of) the journey as the destination," said Miller recently of the tragic tale behind *The Lost City of Z*.

"And I think the bravery that he stayed in this and the courage and resilience of the quest — I find there's something romantic about that for me."

And what a quest it was. On a mission to map Bolivia at the turn-of-the-century,

GOSSIP

From *Lost City* to London

"Our director is Benedict Matthews who's a real auteur; he doesn't do things in a traditional way," said Miller of her upcoming London production of *Cat on a Hot Tin Roof* this July. "I do know he's a visionary so I'm excited about taking a classic play and seeing what comes out."

On Charlie Hunnam

"He's got a depth, an understanding and an interest — he will do anything

to get the story right," said Miller of her fictional husband. "(And) he's beautiful to look at — he's got all the ingredients basically to be a massive movie star."

Why Percy Fawcett Matters

"What makes it resonate is that this man saw something and he applied himself and his whole life to it," said Miller of the film. "There's something admirable about that kind of passion, that kind of drive."

character rich with her own progressive ideas.

"With all these tidbits of information I pieced her together but she did feel incredibly contemporary," insisted Miller of the little-known self-sacrificing suffragette.

"I like the idea of a real life (and) I find the research part of it really fulfilling. I also feel a responsibility that comes with playing a real

person; it can be galvanizing in some way — you feel a sense of duty."

Indeed, the role itself came at a good time for the actress. Although filmmaker James Gray approached her 7 years ago, Miller's then "chaotic" private life was fodder for the British tabloids even as she suffered a misstep with *GI Joe: The Rise of Cobra* — a role she conceded "compromised my values."

The offer would mark an important shift in career redesign; one that now sees the 35-year-old boasting the best roles of her life.

"I was really confused by the tabloids and it made it difficult to do the work that I wanted because people had a very strong perception of who I was," admitted Miller, now uncompromising in her own right and happily preparing to premiere *Cat on a Hot Tin Roof* on London's West End in July.

"It's getting better (and Hollywood is) much more focused on giving women good parts in films and I think that's fantastic."

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AMVIC



Anne Hathaway's latest release, this month's *Colossal*, is no ordinary rom-com. In fact, it's so difficult to pin down that even the star herself was taken aback. CONTRIBUTED

Colossal's twists surprised Hathaway

FILM

Even its main star missed at least one wrinkle at first

Critics and internet commenters are fumbling over how to describe *Colossal*, the new sci-fi monster movie that resists being boiled down and placed under any label.

When asked how to explain the film, opening in Canada on Friday, its star Anne Hathaway says she often doesn't attempt to. Or she'll drop its logline: "Party girl with a heart of gold needs to dry out, goes home and doesn't dry out, and when she gets drunk a giant monster terrorizes Seoul,

South Korea."

Then she'll just let that hang there for a bit. "And people either go, 'OKKKK' or they go, 'Rad! I want to see that' — and I kind of leave it at that," the Oscar-winning actress said. She likes that it's a tough film to squish into a box, adding that she was delighted by how freely the story manages to just be itself.

Hathaway plays Gloria, an out-of-work web writer with a drinking problem in New York who is dating a not-so-impressed Brit (Dan Stevens) when we meet her. She gets dumped and heads back to her hometown to put her life back together and reconnects with childhood friend

Oscar (Jason Sudeikis), who hires her to work at his bar.

It seems like a setup — a familiar one — for a rom-com, but instead, things get weird. The monster soon shows up in headlines and on the news after it starts wreaking havoc in Seoul. Gloria, petrified, eventually figures out she's actually in control of the monster that appears

every time she gets wasted (which is often) and she wanders into a nearby park. And here again, if you think you know where this is going, you'll probably be surprised.

However unusual Gloria's path is in the story, Hathaway said her interest in working on the film

grew from the connection she felt with the character.

"I felt a kinship with her; maybe we are not the exact same person, but we've stumbled in similar ways. She grabbed me and then, as I kept reading, I couldn't believe what I was reading, it was just so fresh and like nothing I've ever read before, and that counts a lot for me."

As the Internet is now discovering, *Colossal* gets deeper and darker than most people seemed to expect. And while the audiences do get to meet a gigantic monster, they're also confronted with heavier issues.

"When I read it, I focused so much on the addiction story, the substance abuse story, that some of the toxic masculinity I didn't see until I saw the actors portray the parts," Hathaway

said. Suffice it to say, many of the characters in *Colossal* are not as they first seem.

"It's a really good unexpected story that kind of comes out of nowhere and says some things and reflects (certain) truths about the place we are living in that are resonating with people."

The film was shot in Vancouver and Langley, B.C., when Hathaway was a few months pregnant, though the rest of world didn't know it. She is grateful for the way the crew there was able to accommodate her needs (things like extra editing to break up her fight scenes, so her heart rate didn't get too high).

"I can't tell you how grateful I was to the crew for letting me feel so protected on the set," she said, noting that within an hour of being back in L.A. paparazzi

had reported to the world that she was expecting. "To have been able to be in Canada for two months and have that time just respected on a human level, I don't know if I can tell you what that meant to me ... I don't think I've ever gotten a chance to say thank you properly."

Hathaway said she enjoyed working with Sudeikis, who has been a friend for almost a decade. "I've never seen him given a role that's asked so much of him before, and I think he just met every challenge in ways I honestly couldn't have imagined and I think he gives such a fantastic performance in this," she said.

Likewise, she enjoyed working with writer and director, Nacho Vigalondo, who she says "is now one of my favourite people."

TORSTAR NEWS SERVICE

I couldn't believe what I was reading.

Anne Hathaway

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Denise Di Novi embraces 'female filmmaker' label

INTERVIEW

Unforgettable is directorial debut for long- time producer

Men pick the movies. Women only go to movies that their husbands choose. And men definitely don't see movies about women.

That was the prevailing line of thought at Hollywood studios not too long ago. Denise Di Novi, a prolific producer behind everything from *Batman Returns* to *The Sisterhood of the Traveling Pants*, heard it for years when she was starting out. Back then, she mostly felt lucky to be one of the few female producers around. Directing didn't seem like a possibility. In fact, Di Novi said, it felt insurmountable.

Now, nearly 30 years after she made a name for herself as the producer of *Heathers*, Di Novi is making her directorial debut with the thriller *Unforgettable*. Out Friday, the film is about a woman driven to madness when her ex-husband brings a new fiance home.

Starring Katherine Heigl as the Hitchcockian blonde unwilling to let her ex, Geoff Stults, move on, and Rosario Dawson as the girlfriend with a traumatic past, Di Novi had been developing the script to produce when Warner Bros. suggested that she direct.

"I'd been championing women directors for years and speaking about the need for more and thought, 'I should put my money where my mouth is.'

and direct a movie," Di Novi said. She also loved the genre. In the films of Alfred Hitchcock and Adrian Lyne, Di Novi liked that the women were always especially interesting and layered.

"I love to see female characters put in really complex situations and overcome them. They make mistakes and they're flawed and they're crazy. I like the full spectrum, the messiness of the female experience," Di Novi said.

Di Novi said. Di Novi knew she didn't want to mimic other directors, though. One thing she's learned



Unforgettable, starring Rosario Dawson and Katherine Heigl, is Denise Di Novi's directorial debut — after grabbing over 40 film credits and working with big-name directors like Tim

from our daily lives is that being a

from producing is that bringing your authentic point of view to a project is always going to be better than anyone else's.

producing that stimulus

producing that stuck. Her work on the still shockingly dark high school comedy *Heathers* put her on the map and led to a fruitful meeting with Tim Burton. They bonded over feeling like outsiders in Hollywood, and went on to make films like *Edward Scissorhands*, *Batman Returns*, *Ed Wood* and *Nightmare Before Christmas*.

In more than 40 credits, D. Novi has dabbled in all genres from superhero pics, to classic literary adaptations.

"I'm not snobby. I just love movies. I love every kind of movie. I respect every kind of movie," Di Novi said. "I'm a 'why not' kind of person."

kind of person. Di Novi doesn't bristle at the "female filmmaker" conversation either. She embraces the distinction and believes her chance to direct this film is the result of the heightened talk around the

glaring disparity in the business. "I wish I could have worked with more women directors. There was an assumption that women can only direct movie

I want women coming up to see that there are female directors and it is possible and there is a path.

Denise Di Novi, directora





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SUPERHERO

Marvelling at first female lead

The co-directors of the indie gambling drama *Mississippi Grind* are making the leap to superhero films.

A source close to the project who was not authorized to speak publicly says Anna Boden and Ryan Fleck will direct *Captain*

Marvel, which is scheduled for release in March 2019.

Brie Larson is set to star as the titular character in Marvel Studios' first female-centric superhero film. The script is being co-written by *Inside Out* writer Meg LeFauve and Nicole

Perlman, who co-wrote *Guardians of the Galaxy*.

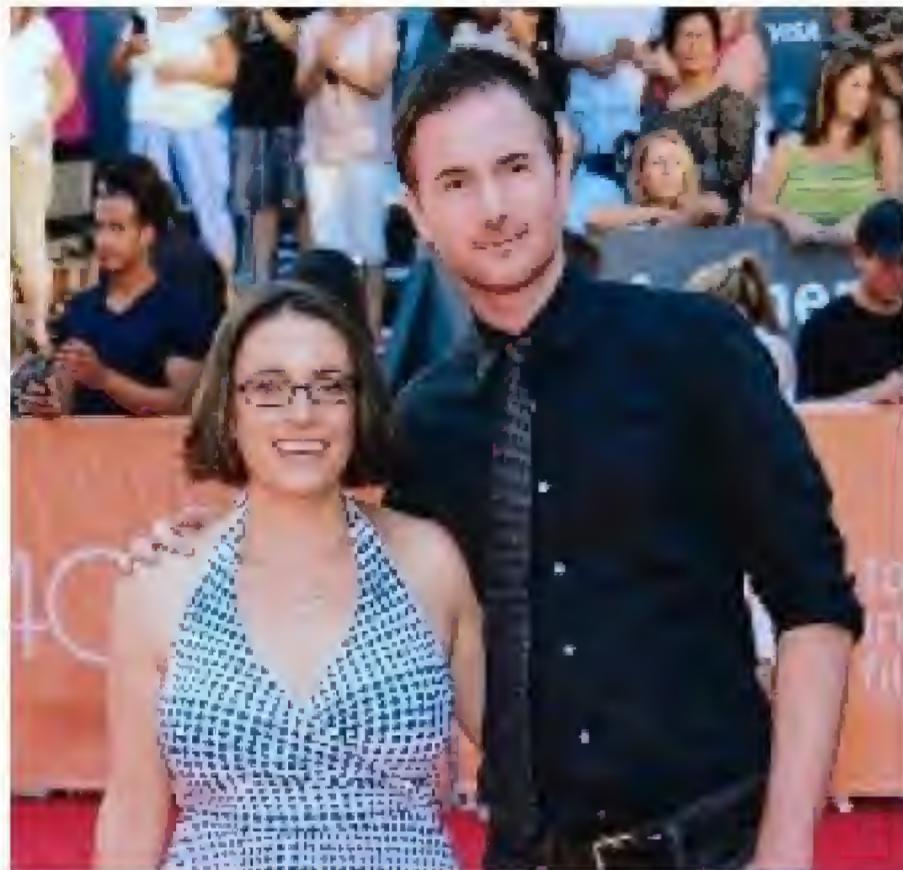
Boden and Fleck also collaborated on the Ryan Gosling drama *Half Nelson*. They're the latest in a long string of indie directors signing up for studio blockbusters including the likes of Colin Trevorrow, who jumped from *Safety Not Guaranteed* to *Jurassic World* and *Star Wars: Episode IX* and Jon Watts, who graduated from *Cop Car* to this summer's *Spider-Man* reboot *Spider-Man: Homecoming*.

Captain Marvel is a project that has been closely watched since it was added to Marvel Studios expansive slate. Due to its female lead, many on social media had hoped for a female director, like Warner Bros. did in choosing Patty Jenkins to direct *Wonder Woman*.

When news broke Wednesday, some bristled that the directing team selected would include a man, but others celebrated the choice. Boden and Fleck's films have been generally well-regarded by critics.

Representatives for the directing team did not immediately respond to request for comment.

THE ASSOCIATED PRESS



Mississippi Grind co-directors Anna Boden and Ryan Fleck (pictured here at TIFF) are directing Captain Marvel starring Brie Larson, according to a source. THE ASSOCIATED PRESS

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Filmmaker Atom Egoyan spoke about his B.C. roots and reflected on the 20th anniversary of his film *The Sweet Hereafter*. DAVID COOPER/TORSTAR NEWS SERVICE

Egoyan returns to mark 20 Sweet years

FILM

Victoria-raised director at Vancity Theatre for screening



David P.
Ball
Metro | Vancouver

Atom Egoyan, one of the most iconic and celebrated Canadian filmmakers, has returned home to the West Coast this week, at least for a few days.

On Wednesday, the Armenian-Canadian filmmaker behind *Ararat*, *Exotica* and *The Sweet Hereafter* will mark 20 years since the latter film's release in May 1997 with a talk and screening at the Vancouver International Film Festival's Vancity Theatre.

Born in Egypt, he moved to Victoria, B.C., at age three and graduated from the city's Mount Douglas high school before moving east to Toronto.

But the West Coast made its mark, being "a last vestige of the British Empire," and particularly in what he describes as its "very unusual culture" that combines a "particular temperament about time." Many of his films pioneered and played with non-linear storytelling and

slower pace.

"B.C. really formed something in my character," Egoyan, 56, revealed in a phone interview. "I was raised with natural beauty all around me, a certain temperament."

In fact, when he decided to shoot *The Sweet Hereafter*, a film about the aftermath of a school bus crash on a tight-knit small B.C. community, he imagined the Rocky Mountains initially, until he realized he couldn't fit them into the camera frame — they were too big for the scenes he imagined.

So he headed further west, to Golden, B.C., where he could

create the atmosphere he needed. And he had to set the adaptation of an American novel in B.C. for one simple reason, he revealed: It was the only jurisdiction in Canada that allowed lawyers to take a percentage cut of their lawsuit spoils, which was essential to the original



The Sweet Hereafter, starring Ian Holm and Sarah Polley.

CONTRIBUTED

story's plot.

He feels hopeful about the state of film in B.C.

"There's a whole crop of great new first features from B.C.," he said. "At the time there wasn't a very large filmmaking community in Vancouver, that's changed. Vancouver is now I think busier than Toronto. It's just booming. The landscape has changed dramatically."

He described "a very promising new generation of filmmakers," many being highlighted at Canadian Film Week.

"The question and challenge for them will be finding an audience, an engaged audience, because there's just so much out there," he said. "But the skill is there, they just need to develop a very thick skin which any independent filmmaker needs."

B.C. really formed something in my character. I was raised with natural beauty all around me, a certain temperament

Atom Egoyan



Oscar-winning actress Brie Larson stars in the '70s comedy-crime-thriller *Free Fire*, directed by Ben Wheatley. ALL PHOTOS HANDOUT

She didn't live in the '70s but likes the throwback

INTERVIEW

Brie Larson talks about dark comedy *Free Fire*

Steve Gow
For Metro Canada

Since winning the coveted best actress Oscar for her role in the 2015 hit drama *Room*, Brie Larson has had many big-ticket projects to brag about — the most recent King Kong re-boot, being cast as Captain Marvel in a forthcoming comic-book blockbuster. Surprisingly however, she's most excited to talk about a low-key throwback to the '70s.

"Some of my favourite movies are from that period," said the 27-year-old star, "so it was wonderful to try to represent that now."

Speaking about her latest film, *Free Fire*, Larson continues: "It's funny because that's not a period of time that I lived in; I only know it through film. I'm going off of a reference point and putting it on this new reference point."

Directed by British indie wunderkind Ben Wheatley (*High-Rise*), *Free Fire* casts Larson alongside an ensemble cast

in a high-concept dark comedy about a broker attempting to bridge a big arms deal between IRA members and a hothead dealer (Sharlto Copley of *District 9*).

But when suspicions arise, the warehouse transaction erupts into the kind of violence that seems like, as one reviewer noted, "the last 90 seconds of *Reservoir Dogs* stretched out to fill 90 minutes."

"There is the general concept of what it is on the surface and then there's something beneath it. They're really smart with what they're doing," said Larson of Wheatley and co-writer/wife Amy Jump's oddball screenplay.

"Ben is incredible in that way because there is so much happening underneath that he doesn't fully explain to you," said Larson of Wheatley's directing style. Larson draws comparisons to John Cassavetes explaining that like the late iconic indie auteur, Wheatley keeps his actors on a "need-to-know basis" when filming.

"If there was a scene where two characters were walking down the street and one was supposed to be in control of the situation and the other was unsure of what was going to happen, he'd give the pages to the actor who was supposed to be in control," explains Larson.

"Ben really sets up the situation for that — it creates these



SHARLTO COPLEY

Copley on Wheatley

"What was interesting to me about working with Ben (Wheatley) is that I didn't know his previous stuff," said Sharlto Copley of the acclaimed director. "When I spoke to him on the phone, he said he wanted to have comedy in this thing (and) I just hoped he would keep a lot of the fun stuff."

Staying True to the '70s

"It's even down to the poster for the film which stays quite true to that style which is fantastic," said Copley of Wheatley's homage to '70s thrillers.

"They were always keeping it very authentic to the period."

STEVE GOW/FOR METRO



situations where you're running off on instinct and adrenalin."

For Copley, that kind of instinctual acting was particularly thrilling. Not only did it allow him to improvise heavily, but it also added a layer of surprise when he finally watched the final product on-screen.

"He let me run wild with im-

prov. When you have this level of cast to work with, everyone's choosing an interesting decision," said Copley.

"You're not surprised by what happens in the movie. But the moments in the movie between the actors — there's surprise. There's all sorts of stuff that wasn't in the script, that wasn't on the page."

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The Promise is an ode to the Associated Press

TRUE STORIES

Film follows reporting of Armenian genocide

The life of the wire service scribe has, traditionally, been to toil in anonymity. Christian Bale, however, is far from anonymous.

In *The Promise*, Bale stars as an Associated Press reporter in Constantinople in the early days of World War I, and at the onset of the mass killings and deportations of Armenians carried out by Ottoman Empire. He's not the central figure in the movie; that's Oscar Isaac's Armenian medical student. But as a brash speak-truth-to-power journalist firing out powerfully worded dispatches, he's pivotal in bringing attention to the atrocities against the Armenians.

Turkey denies a genocide occurred and argues that the death toll among Armenians was more limited in scale and resulted from civil unrest and war, not deliberate policy.

Bale's portrayal in the movie is almost certainly the most starry, most heroic and most hard-drinking big-screen depiction of the AP in its 171-year history. But if the AP has seldom received its silver-screen close-up, it has at least struck the jackpot in the Oscar-winner Bale. Not only is he one of the most respected actors in film, he's just a touch more glamorous than most in the AP newsroom.

His character is a composite but it has roots in real history - a history the makers of "The Promise" were well acquainted with.

"The Associated Press was extremely active during the period of genocide and much of what



Oscar winner Christian Bale stars as an Associated Press reporter who reported on the mass killings of Armenians in Turkey during World War I. CONTRIBUTED

Americans knew of what was happening was due to the reporting of brave Associated Press journalists," said producer Eric Eslaiian. "You hear about all this stuff about fake news and people maligning journalists. Then you go back to this era where what we knew about World War I was

because of journalists."

Though the AP had a firm no-byline policy until 1921, its Constantinople correspondent in 1915 — the time of the film — was J. Damon Theron. His dispatches from that era (two years before the U.S. entered World War I) are still striking for their forcefulness. In April 1915, the AP reported on the massacre of 800 of the villagers in one Turkish region and 720 in another.

June brought a report on the increased presence of German officers.

For the filmmakers of "The Promise," it's a moment in journalism that holds lessons — the need for a full-throated press — for today.

Bale met with scholars and

studied journalists from the time, narrowing in on Lincoln Steffens, a celebrated muckraker (the Progressive Era journalists who advocated against corruption). Director Terry George also encouraged Bale to look to Christopher Hitchens to capture a reporter's "strong appetites."

"The Armenian genocide and what went on was one of the most heavily reported events of World War I in the United States," said George. "It came at a crucial moment in journalism when it switched from second-hand, staccato-style reporting to the muckraker movement, which was a movement into commentary."

The movie, George added, "is a salute to the AP for sure."

THE ASSOCIATED PRESS

1.5 million

The killings of up to 1.5 million Armenians in Ottoman Turkey during and after World War I is considered by genocide scholars to have been the first genocide of the 20th century.

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FAST FACTS

What was so special about Lacks' cells?

What happened in the 1951 case of Henrietta Lacks? The story of the woman who unwittingly spurred a scientific bonanza made for a bestselling book in 2010. On Saturday, it returns in an HBO film with Oprah Winfrey portraying Lacks' daughter Deborah. Cells taken from Henrietta Lacks have been widely used in biomedical research. They came from a tumour sample taken from Lacks — who never gave permission for their use.

How did doctors get the cells?

As the book relates, Lacks was under anesthesia on an operating table at Johns Hopkins Hospital in Baltimore in 1951, undergoing treatment for cervical cancer. A hospital researcher had been collecting cervical cancer cells to see if they would grow continuously in the laboratory. So the surgeon treating Lacks shaved a dime-sized piece of tissue from her tumour for the project. She died later that year.

How have researchers used the cells?

HeLa cells became crucial for key developments in such areas as basic biology, viruses, cancer treatments, in vitro fertilization and developing vaccines, including the polio vaccine.

What makes them grow so well?

Researchers proposed a possible answer in 2013. Virtually all cases of cervical cancer are caused by infection with human papillomavirus, which inserts its genetic material into a human cell's DNA. Scientists who examined the DNA of HeLa cells suggested that this process happened in a place that strongly activated a cancer-promoting gene. That might explain both why Lacks' cancer was so aggressive and why the cells grow so robustly in a lab dish.

Was the origin of the cells already known?

No. Lacks was named publicly only in 1971 by an article in a medical journal. Her story appeared in some magazines in the 1970s, and in a 1997 documentary on BBC. She became famous in 2010 with the publication of Rebecca Skloot's bestselling book, *The Immortal Life of Henrietta Lacks*.

What was so special about Lacks' cells?

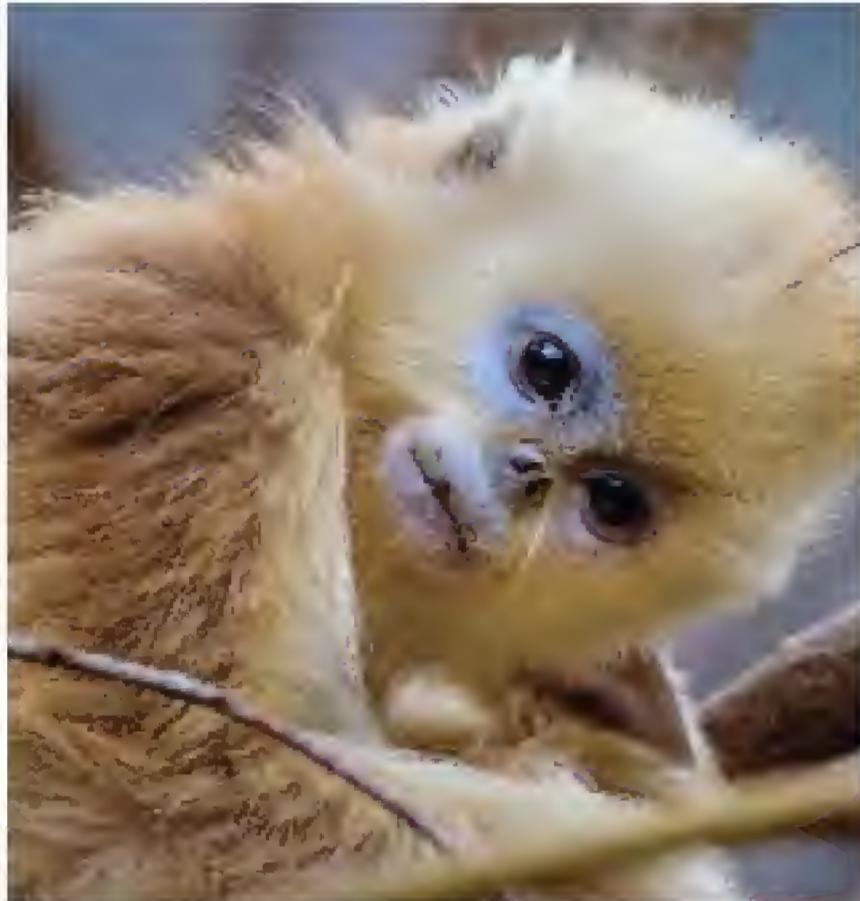
Until they came along, whenever human cells were put in



A microscope image of a HeLa cell. CONTRIBUTED

THE ASSOCIATED PRESS

Born free and raised a wild child



RUNAWAYS

Golden snub-nosed monkeys are 'lost boys'

At the top of the film, Tao Tao the baby golden snub-nosed monkey has his world turned upside down — his baby sister is born, and his parents' attention is diverted. He leaves the family unit to join a troupe of "lost boys." These adolescent boys and young, single males — stuck at that awkward age between babyhood and starting families of their own — band together to eat, play and learn skills they'll need for the rest of their lives (most of which will be spent in tree tops).



TREE HUGGER

Pandas must learn to climb trees

The baby panda Mei Mei steals every scene she is in. She rolls down hills, gnaws on everything (edible or not), and constantly tries to climb trees — much to the consternation of her 'helicopter' mom Ya Ya. But Ya Ya eventually had to let Mei Mei strike out on her own. Climbing is a skill all panda babies must learn in order to evade predators as their mothers, who spend 14 hours a day chomping down on bamboo, can't keep an eye on them at all times.



SINGLE MOMS

Mama chiru are machines

Male and female chiru, also known as Tibetan antelope, only hang out long enough to mate. The pregnant mothers set out on an epic, 700-km round-trip journey across harsh, high-altitude plains to give birth at traditional calving grounds. Then they head back, new-born calves in tow, to meet up with the males and start the process all over again.

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SUMMER RELEASES WORTH WATCHING

They may not land on any award lists. But guardians, aliens, bachelorettes and soldiers are sure to keep us entertained and out of the sun. But this column is all about me, and hopefully a little bit about you. It's my annual list of the 10 summer movies I'm most looking forward to — not to be confused with my list of best movies (I suspect most of these titles won't be on it). These are pictures that get my mojo going as a movie lover, not as a movie critic. **PETER HOWELL/TORSTAR NEWS SERVICE**



1 Bon Cop Bad Cop 2 (May 12)

How often does a Canadian film get a wide theatrical release, let alone a sequel? But it's more than patriotic pride that has me singing O Canada for this followup to the 2006 buddy comedy. Quebec's Patrick Huard and Ontario's Colm Feore get on like a house on fire as odd-couple cops forced to team up, crossing cultures as they cross provincial boundaries to solve a crime. What could go wrong, eh?



2 Detroit (Aug. 4)

Still hoping Kathryn Bigelow's first feature in five years, following Oscar-nominated Zero Dark Thirty, will be added to the Palme d'Or competition at next month's Cannes fest. It's her take, along with screenwriter Mark Boal, on the 1967 civilians vs. police/military riot that nearly trashed the Motor City, leaving 43 dead, 1,189 injured and more than 2,000 buildings in ruin. John Boyega, Anthony Mackie, John Krasinski and Kaitlyn Dever star.

5 Wonder Woman (June 2)

Gal Gadot was the only good thing about last year's miserable Batman v Superman: Dawn of Justice, in her cameo introduction as Wonder Woman. She finally gets to join the DC Extended Universe in her own right, with the added appeal that this blockbuster is directed by a woman, Patty Jenkins (Monster).



3 Alien: Covenant (May 19)

My enthusiasm for Ridley Scott's predator-in-space franchise seriously waned after Prometheus in 2012, which bloated the basic concept into a mess of sci-fi/horror tropes. This one looks like a solid reset: unsuspecting humans colonize a "paradise" that turns out to be the home of H. R. Giger's violent xenomorphs, the scariest creations in all of moviedom. Michael Fassbender, Katherine Waterston, Billy Crudup and Danny McBride star.

6 Baby Driver (June 28)

Edgar Wright's latest dramedy, about a getaway driver named Baby (Ansel Elgort), was a hit at SXSW 2017 — so much so that the studio decided to release it earlier in the summer. That's a very good sign, and so is the cast that includes Jamie Foxx, Kevin Spacey, Lily James, Jon Hamm, Jon Bernthal and Eliza González.



7 The Big Sick (July 14)

Saw it at Sundance, and Michael Showalter (Hello, My Name Is Doris) has crafted a rom-com of heart and brain about a couple tested by illness and clashing cultures, starring Kumail Nanjiani and Zoe Kazan. Nanjiani co-wrote it with Emily V. Gordon, basing it in part on their real experiences as a couple.



4 Rough Night (June 16)

I'll follow SNL's Kate McKinnon wherever she goes, even though this looks very much like a distaff spin on Peter Berg's very black comedy Very Bad Things. McKinnon's teamed with Scarlett Johansson, Zoë Kravitz, Jillian Bell and Ilana Glazer, as hard-partying bachelorettes who must deal with a stiff when a male stripper accidentally dies a Miami Beach house. At worst it turns into Weekend at Bernie's, amirite?



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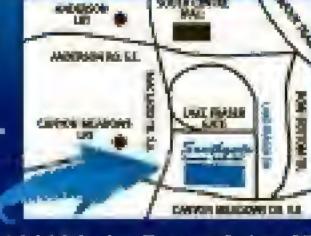
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REVIEW

Mayer album solid, not sizzling

Earth's reigning guitar god, John Mayer, is out with his seventh studio album, *The Search for Everything* — on Columbia Records. It reveals a calmer artist taking a measured approach to accessible funk-laced songs.

This is a confident album that feels less like an artistic exploration and more like plate of musical comfort food. There are few unexpected turns. The arrangements are solid, if a slight bit predictable.

"Still Feel Like Your Man" is the track that stands out most — the easy-to-feel rhythm is accessible and the lovelorn message is a good fit. Slow breaks give way to a danceable hook and a sunny outlook for Mayer.

"Helpless" continues the newfound funky Mayer approach. Sure, he's always had the ability to play this tight, chunky guitar stuff, but he's previously eschewed it for pop and blistering rock explorations.

It's a tight song, but doesn't reveal the ever-evolving Mayer much for us. "Rosie" might have worked better slower, with more of a torch



John Mayer's new album is *The Search for Everything*.

COLUMBIA RECORDS VIA AP



underneath it. Instead, Mayer opted for the path of least resistance when he might have pushed himself more.

It's good enough and there are no plum awful tracks. But "*The Search for Everything*" gets softer and softer with each song.

Too much piano here, not enough guitar there and, before we know it, Mayer is either taking an emotional breather or positioning himself for the "*Moana 2: Wedding Band Boogaloo*" soundtrack.

His fans will accept, but ultimately shrug at this album. It feels bereft of the songwriter tumult that got him here.

THE ASSOCIATED PRESS

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metro

Tegan and Sara tap into activist voices



Tegan and Sara have recorded eight studio albums in their 20-year career. CONTRIBUTED

INTERVIEW

Twin musicians are confident they can make a difference

Twin sisters Tegan and Sara are putting their names behind social causes in a bigger way than ever this year.

Whether it's championing gender diversity in the music industry or raising awareness for LGBTQ rights, the Calgary-raised duo have used their pop status as a way to push for change.

With eight studio albums to their names — and nearly 20 years in the business — they're now more confident in how they can make a difference by backing social causes.

Last December they formed the U.S.-based Tegan and Sara Foundation for LGBTQ women after Donald Trump was elected president. They've also taken on the Juno Awards and Canada's music industry with a public letter decrying the lack of females in technical roles.

Tegan and Sara will bring their music to a raft of music festivals this summer, including Ottawa's Bluesfest on July 8 and WayHome near Barrie, Ont., on July 30. In August they'll play Montreal's Osheaga Music and Arts Festival and the Regina Folk Festival. Sara Quin spoke with The Canadian Press about how attention from hits like *Boyfriend* and *Everything is Awesome!!!* helped the pair reaffirm their social responsibility.

You formed the Tegan and

Sara Foundation to push for "economic justice, health and representation for LGBTQ girls and women." What was the impetus for getting that program rolling now?

I like to think of it as when everything starts to become equal ... there's this wave of nationalism happening around the world. Whether it's "Rolling back to a simpler time" or whatever people are using. This isn't something just happening with Donald Trump in the United States. I think we're going to see that artists and public figures should be required to talk about these things. We are not just puppets ... we are human beings and these things can have impact on us, our families and our friends.

Do you feel the need to write anything deemed an activist song?

I don't know that Tegan and I are going to release a Black Flag record — 10 political zingers for the airwaves — but I also think (we) see ourselves as smart pop songwriters. (We consider) ourselves as having a critical voice in a world that is often crowded with heterosexual perspectives.

Your letter to Juno organizers over the lack of female representation among this year's nominees — particularly in the technical categories — grabbed a lot of attention. But you've also stated that you don't squarely blame

the Junos or their organizer CARAS. Can you explain your perspective?

There are systemic issues. I don't think of it as being nefarious powers-that-be who are keeping women from producing and engineering albums. I think these are issues that in 20 years of being in the music business we've experienced firsthand. It's wide and far. Right now on tour we have a front-of-house sound (mixer) who's a woman. Our monitor person, tour manager, lighting director and bass player are women. It is incredibly challenging to find women in a lot of those technical positions. The same goes for women who are producing and engineering (albums). Our last couple albums have been mastered by this wonderful woman Emily Lazar and she's literally one of the only women who is mastering records at the level she is.

When it comes to seeing actual change in the music industry, what are you going to do about it?

There's a bigger emotional, philosophical conversation that people in the industry need to have. For me this isn't a campaign of making people feel bad ... this is a sort of: "Hey, let's all look at this because it's obviously a problem." The notion is that when we bring up gender equity the idea is "all or nothing" — and it shouldn't be. Addressing some of these huge gaps ... doesn't have to be about hiring all women.

THE CANADIAN PRESS

Starley found a way to cheat fate

Q&A

Australian pop singer rises to top of charts with *Call On Me*

Starley was almost ready to acknowledge defeat when a last-ditch effort at writing a hit song delivered in spades.

Call On Me started as a way for the singer to dig herself out of an emotional rut, but over the past few months her debut solo track has climbed the global music charts with the help of a punchy remix.

The song was in Canada's Top 40 last month and went even higher overseas. In Sweden it topped the charts, while it leapt into the Top 10 in other key European countries.

"I believe God made me face my biggest fears and do this," the Sydney-raised singer, born Starley Hope, said in a recent interview. "Every day now I have to face my fears."

Starley's next conquest is the United States, where Call On Me is being positioned as an early summer dance hit. It's currently sitting at No. 65 on the Billboard Hot 100.

The singer talked to The Canadian Press about how a remix by Australian DJ Ryan Riback sent both of their careers skyward.

Australia's electronic music scene has been picking up steam recently, helped by a Grammy win for Sydney-raised Flume earlier this year, and buzz surrounding others like DJ duo Peking Duk. You've also worked with Brisbane-based Odd Mob. What do you think is driving this new energy from Down Under?

The funny thing is that I haven't lived in Australia for very long. I was in London for six years, so I just came back



Almost ready to give up, Starley penned her hit *Call On Me*. FRANK GUNN/THE CANADIAN PRESS

when I signed the deal with my label.

Our dance scene is probably like how our rock scene used to be ages ago. It used to be all about rock in Australia — that was the only thing we ever produced that went international.

That's true — for years it was bands like Silverchair, the Vines, Jet and Wolfmother coming out of Australia. You got into the Australian music industry about 15 years ago when you were still in your teens. Did you have trouble connecting with expectations at the time?

People wanted me to change my looks, straighten my hair, be skinnier. I felt like I was never good enough for the people I was getting in front of. As much as I was talented ... it just felt like somebody always had a reason for why I couldn't do it.

It deterred me from being an artist. They used to say it was "too urban" for Australia. I wasn't sexy enough for what they were looking for — I was a 15- or 16-year-old girl, and I grew up in church so it wasn't natural for me to dress like that at that age.

Was it that rejection that

pushed you to London?

I went there with the idea that I was going to be a songwriter, but I had a lot of near misses. It didn't work out as I planned and I actually wanted to quit music. I came home to Australia and at my lowest point wrote *Call On Me*. I felt like no one else was going to sing this (song) the way that I intended it to come across.

I actually tried it out on another singer ... and then I was like: "No, I have to sing it myself." I just went for it, got my little indie record deal, found the right producer and everything else happened from there.

People wanted me to change my looks, straighten my hair, be skinnier. I felt like I was never good enough

Starley

What's it like making that decision to keep your music? Singer-songwriters like Sia have famously chosen to part ways with songs they love in order to sell them to other singers.

You hear of songwriters saying, "Well the best thing to do is just let it go after you've written a song." That's totally what my mentality was. But when it came down to this one song, me wanting to quit music, and then seeing someone else sing my story — it was so personal.

Call On Me became a hit mostly due to Riback's remix, which stays true to the original but really amps up the energy. How do you feel about your success at least partly coming through a version you didn't create?

I'm very into dance music so it wasn't a big deal. I actually preferred, in the beginning, the ones that didn't sound like the original. Then I started to see that people were really responding to Ryan's version. It just happened very organically on Spotify. It just blew up.

Dance labels — especially the one I signed to — see the genres merging all into one. I think there are still a lot of people who want to make boundaries where there shouldn't be any. The dance world is a little more forward thinking. THE CANADIAN PRESS

THE REVOLUTION On tour: Prince's backing band

For members of Prince's 1980s backing band The Revolution, reuniting and hitting the road for a U.S. tour is how they're coping with the Purple Rain pop superstar's unexpected death.

"We're talking it to the people who are grieving like we are," said guitarist Wendy Melvoin.

When Prince died of an accidental painkiller overdose a year ago, members of The Revolution were mourning at a Minneapolis hotel and made an impromptu video, promising to reunite for shows honouring their one-time front man. After three sold-out shows at the fabled First Avenue nightclub (the setting of Prince's hit 1984 movie Purple Rain) in September, The Revolution is preparing to kick off a tour at Paisley Park in the Minneapolis suburb of Chanhassen on the anniversary of Prince's death. Melvoin is joined by bassist BrownMark, keyboardists Matt Fink and Lisa Coleman and drummer Bobby Z.

The tour includes stops in Chicago, Washington, D.C., New York, Cleveland, Detroit, Los Angeles and San Francisco before ending in Seattle on July 15. Whether The Revolution will continue beyond this tour is an open question. THE ASSOCIATED PRESS



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Gossip DIGEST – BABIES, BEAUTY, AND BOOKS

1 Baby game for Serena —

Kelly Bush Novak told The Associated Press on Wednesday: "I'm happy to confirm Serena is expecting a baby this fall." Earlier in the day, Williams posted a photo of herself on Snapchat with the caption "20 weeks."

The 35-year-old Williams won her 23rd Grand Slam singles title at the Australian

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Open in January and has not competed since, citing a knee injury. She announced in December that she was engaged to Reddit co-founder Alexis Ohanian.

2 Paltrow announces first health event —
Actress and Goop.com founder Gwyneth Paltrow announced Thursday the inaugural In goop Health wellness summit on June 10. The Los Angeles event

will include meditation sessions, organic beauty offerings and appearances by Cameron Diaz, Nicole Richie and Lena Dunham. Tickets range from \$500 to \$1,500 and go on sale Thursday.

3 Hart, Charlamagne's BookCon appearance — Kevin Hart and Charlamagne The God should have a lot to talk about. The comedian and the radio host will make

a joint appearance at this year's BookCon, organizers announced Thursday. Both will have books to promote: Hart's memoir *I Can't Make This Up* and Charlamagne's *The God's Black Privilege: Opportunity Comes to Those Who Create It*.

Those Who Create It.

The convention will also feature Jeffrey Tambor, Dan Brown, Margaret Atwood and Veronica Roth. It will be held June 3-4 at the Javits Center in Manhattan.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

A full-page promotional flyer for Stampede Toyota's 'Clear Out' sale. The top half features a large red banner with the text 'COROLLA & RAV4 CLEAR OUT APRIL 21-22 ONLY!' in white. To the left, a circular logo for 'Stampede Toyota' is displayed with the tagline 'WE'RE SERIOUS ABOUT SAVING YOUR BUSINESS & WE'LL PROVE IT!' and 'SERVING SOUTHERN ALBERTA FOR OVER 30 YEARS'. Below the banner, two cars are shown: a white 2017 Corolla and a red 2017 RAV4. Promotional offers include '0% FINANCING AVAILABLE', '\$1500 UP TO TRADE ENHANCEMENT', and 'NO PAYMENTS FOR 90 DAYS'. The bottom half of the flyer displays five more car models with their respective savings: '17 COROLLA LE UPGRADE' (savings \$3,000), '17 COROLLA SE' (savings \$2,600), '17 RAV 4 XLE' (savings \$3,200), '17 RAV 4 LTD' (savings \$3,500), and a 'STATION' model (savings \$2,600). A large graphic in the center says 'BUYERS GET A FREE IPAD' with an image of an iPad. The bottom right corner features a map of the Stampede Toyota location and a 'FIND US HERE!' button.



4/20

A woman smokes during a 4/20 rally on Parliament Hill in Ottawa. THE CANADIAN PRESS

All about the high holiday

DRUGS

How the pot holiday grew from its humble roots

Thursday marked marijuana culture's high holiday, 4/20, when college students gather — at 4:20 p.m. — in clouds of smoke on campus quads and when pot shops in legal weed states thank their customers with discounts.

This year's edition provided an occasion for pot activists to reflect on how far their movement has come. Here's a look at the holiday's history.

Why 4/20?

The origins of the date, and the term "420" generally, were long murky. Some claimed it referred to a police code for marijuana possession or that it arose from Bob Dylan's Rainy Day Women No. 12 & 35, with its refrain of "Everybody must get stoned" — 420 being the product of 12 times 35.

But in recent years, a consensus has emerged around the most credible explanation: It started with a group of bell-bottomed buddies from San Rafael High School in California, who called themselves the Waldos.

A friend's brother was afraid of getting busted for a patch of cannabis he was growing in the woods at Point Reyes, so he drew a map and gave the teens permission to harvest the crop,

the story goes.

During fall 1971, at 4:20 p.m., just after classes and football practice, the group would meet up at the school's statue of chemist Louis Pasteur, smoke a joint and head out to search for the weed patch. They never did find it, but their private lexicon — "420 Louie" and later just "420" — would take on a life of its own.

The Waldos saved postmarked letters and other artifacts from the 1970s referencing "420," which they now keep in a bank vault, and when the Oxford English Dictionary added the term last month, it cited some of those documents as the entry's earliest recorded uses.

How did 420 spread?

A brother of one of the Waldos was a close friend of Grateful Dead bassist Phil Lesh, as Lesh once confirmed in an interview with the Huffington Post. The Waldos began hanging out in the band's circle, and the slang spread.

Fast-forward to the early 1990s: Steve Bloom, a reporter for the cannabis magazine High Times, was at a Dead show when he was handed a flier urging people to "meet at 4:20 on 4/20 for 420-ing in Marin County at the Bolinas Ridge sunset spot on Mt. Tamalpais." High Times published it.

"It's a phenomenon," said one of the Waldos, Steve Capper, now 62 and a chief executive at a payroll financing company in San Francisco.

"Most things die within a couple years, but this just goes on and on. It's not like someday somebody's going to say, 'OK, Cannabis New Year's is on June 23 now.'"

Bloom, now editor-in-chief of Freedom Leaf Magazine, notes that while the Waldos came up with the term, the people who made the flier — and effectively turned 4/20 into a holiday — remain unknown.

How is it celebrated?

With weed, naturally. Some of the celebrations are bigger than others: Hippie Hill in San Francisco's Golden Gate Park typically draws thousands. In Seattle, the organizers of the annual Hempfest event are anticipating about 250 people at

a private party. Some pot shops are offering discounts or hosting block parties.

College quads and statehouse lawns are also known for drawing 4/20 celebrants, with the University of Colorado's Boulder campus historically among the largest gatherings — though not so much since administrators started closing off the campus several years ago.

Generally, 4/20 events in Colorado have dropped off significantly since the state legalized recreational use in 2012.

Some breweries make 4/20 themed beers — including Lagunitas Brewing in Petaluma, California, which releases its Waldos' Special Ale every year on 4/20 in honour of the term's coiners. THE ASSOCIATED PRESS

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Flurry of new therapies for Parkinson's

INNOVATION

The new 'float like a butterfly, sting like a bee' treatment

Shirley Jager has a wicked right hook and iridescent lime-green boxing gloves and shoes.

She's 79 and has taken up boxing as part of her own personal title bout against the ravages of Parkinson's disease.

Parkinson's is a progressive disorder of the nervous system that makes it hard for people to control their movements, body and emotions.

It develops gradually, sometimes starting with a barely noticeable tremor in just one hand. Over time, medication becomes less effective and symptoms become worse. Parkinson's is the second most common neurodegenerative disorder in Canada after Alzheimer's disease.

"I had it quite a while before we realized that was what it was, but I didn't go onto medication until 2012," says Jager.

"This has helped a lot. My posture is better; my energy is better. I did a lot of exercising before I got here but I couldn't get past a certain point. I just couldn't get any further until I came here."

"Here" is what amounts to a boxing boot camp at Calgary's Grizzly Cage Boxing and Fitness where Darcy Irwin is both a part-time drill sergeant and sometimes cheerleader as she puts her eight charges through their paces.

"Three squats," she yells at



Shirley Jager, who suffers from Parkinson's disease, has embraced boxing as part of her ongoing therapy. THE CANADIAN PRESS

Bob Charles when he ends up losing a game similar to musical chairs in which a soccer ball is passed from hand to hand. The others immediately begin jumping jacks.

"They say you don't get diagnosed until about 80 per cent of the damage is done," says Charles, who began the boxing program last fall. "When you've got something like Parkinson's, you can't always do things the way that they've designed them, but a good trainer like Darcy can modify things and make sure you don't get hurt."

Irwin, who runs the gym with her husband Wayne Richardson, says the boxers put up with the aerobics and jumping

We're starting to realize that the mind and the body are acting as a whole more than ever.

Darcy Irwin, boxing trainer

rope but really can't wait until they can start working out on heavy punching bags.

Boxing emphasizes balance, footwork, quick reactions and changes in direction, hand-eye co-ordination and aerobic training — all useful for people with Parkinson's.

"It's such a difference from what it was when they first came in. Particularly when I watch them warm up, I see each person's progress slowly changing and that's a really nice moment," Irwin says.

"We're starting to realize that the mind and the body are acting as a whole more than ever."

There's a slightly more restful atmosphere across town where about 25 Parkinson's patients are rocking slowly back and forth to music at Decidedly Jazz Danceworks.

Jim Archibald, 69, was diagnosed five years ago after spending years on the stage as an actor.

"This is the first real dancing that I've ever done," he

confides. "It's something to look forward to every week."

"Physically, with Parkinson's, it's a stiffening of joint muscles and things as it progresses. This certainly helps delay it and makes it much better."

Vicki Willis, one of the founders of Decidedly Jazz Danceworks, says she initially only agreed to help set up the program but got hooked.

"It has been so soul-feeding to do this, I love the challenge of trying to figure out ways through their blocks and through their habits and I love them all madly," says Willis.

"It's a beautiful thing. One of the participants said, 'This is our tribe.' They love coming

together. They look forward to this. Depression is a huge part of the disease and it's lovely for all of us to get together."

Dr. Bin Hu, a professor in the clinical neurosciences department at the University of Calgary's Cumming School of Medicine has been studying Parkinson's for decades.

He is currently looking at Ambulosono therapy, a music-based walking program for people with Parkinson's that uses specially calibrated iPods to help participants pay attention to how they walk.

"The idea is patients will have a small computer and have a sensor (for) when they walk. If your steps are getting smaller and smaller you tend to fall... (and) there's an auditory alert or the music will stop to remind you take bigger steps which are more stable," said Hu, a member of the Hotchkiss Brain Institute.

"This app...can measure your step lengths through an algorithm and then tell the iPod. The music will stop to remind you that your steps are too small."

Hu said the number of people in the music walking program is quite small so he is only cautiously optimistic. But initial studies suggest that using the therapy constantly improves a patient's walking, and the benefits appear to last.

"They're actually seeing improvement. It's reversed. They're getting better," Hu said. "If this is true, this is a groundbreaking demonstration that this disease can be beaten... For this particular symptom, it's equivalent to a cure."

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Photo of Ella Fitzgerald going on display at Washington's National Portrait Gallery

FOOD

Put down the éclair and enjoy a healthy Parisian meal

Sarah Treleaven
For Metro Canada

Consider the chocolate éclair: the perfect crisp but soft chou pastry meets a rich chocolate cream filling, all topped with a rich chocolate glaze.

This iconic food might be a terrific representation of Parisian indulgence.

Paris has long been a place where food allergies and intolerances were scoffed at (gluten allergies still merit an eye roll), where vegetarian options were few and far between, and where the best food was inextricably connected to nothing more than quality and pleasure.

But the food scene in Paris is changing. The city is finally offering a well-rounded range of delicious and health-conscious food options.

Juice bars are now proliferating, allergen-free and raw food options are showing up on menus and vegetarian restaurants are increasingly considered chic.

Here are five satisfying and nourishing selections for the next time you visit the City of Lights:



Tout Organic

The new "Tout Organic" walking tour by Sacrébleu Paris celebrates organic, farm-to-table, gluten-free,

vegan and dairy-free foods (and also beauty products) by introducing visitors to off-the-beaten path and highly local businesses. (sacrebleu-paris.com)

Ottawa may have a reputation as a quiet government city, but there are a number of ways the capital is loosening its collar and transforming ahead of Canada's 150th birthday — a time when 1.75 million new tourists are expected to flood in, bringing the total to an expected 10 million by year's end.

Main events in the months ahead, of course, are geared toward Canada Day in the capital — the same day a rejuvenated National Arts Centre (NAC) will be revealed in downtown Ottawa.

"What people will see on Canada Day is a complete transformation of our building," said Rosemary Thompson, the centre's director of communications and public affairs. The unveiling will be free to the public and will involve a ribbon-cutting ceremony with 150 people, she said, noting the centre is keen to showcase its new design created by architect Donald Schmitt.

"It is now going to be this new and beautiful home for the performing arts in Canada," Thompson said.

The Canadian Museum of

History, located across the Ottawa River in Gatineau, Que., is also expected to open its Canadian History Hall on July 1 — a chance, the museum says, to explore the country's "collective history" which includes success and hope as well as conflict and struggle. The Bank of Canada's Currency Museum is set to be reopened too.

"If people are wanting to have a truly Canadian experience for Canada's 150th birthday, Ottawa is the place to be," Mayor Jim Watson said in an interview.

The city started planning a

couple of years ago to bring in many fresh and exciting events it hadn't seen before, Watson added.

The city's cultural and social scene is also becoming much more vibrant, he said.

"When I arrived here in 1980 to go to university, I'd tell friends that the closest thing we had to European cuisine was Swiss Chalet," Watson said. "Today we have some of the best chefs in the country."

Watson said this skill will be on display for Canada's Table — a sold-out event for 1,000 people

IF YOU GO

Hotel rooms will be hard to come by

There are a number of community centre parking lots and parks that will be open for July 1 so people can camp. Information can be found at ottawa2017.ca, including locations and how to book a spot.

featuring 10 of the city's top chefs who will partner with 10

free smoothies. Visitors will also find a small selection of vegetarian muffins, soups and sandwiches. (bobsjuicebar.com)

Chambellan Bakery

This bakery-café offers a range of gluten-free options, including crusty loaves of bread made with buckwheat and rice flowers, lemon tartlets, bittersweet chocolate cakelets, granola bars and sandwiches in a colourful and sun-dappled room. Bonus: the product list notes any possible allergens, including eggs, dairy and nuts. (chambellan.com)

Sol Semilla

This café-grocery store in the chic Canal Saint-Martin neighbourhood does double duty: customers can find bags of cocoa nibs and ground acai berries, and then stay to enjoy their vegan lunch options, like beautifully layered chia seed puddings, coconut smoothie bowls and spinach risotto with carob powder. (sol-semilla.fr)

Alain Ducasse au Plaza Athénée

Ducasse, one of French gastronomy's biggest names, has removed red meat from the menu at his Michelin-starred restaurant at the Plaza Athénée, moving towards "vegetable forward" cuisine with limited refined sugars. The dishes are based on the "fish-vegetables-cereal trilogy" (think sea scallops, black truffles and select seaweeds spiced with tarragon), which the restaurant calls healthier, more natural, more respectful of the planet. (alain-ducasse.com)



Among the range of health- and allergy-conscious food being served in Paris is the cheesecake from Chambellan Bakery and the vegetarian stew from Bob's Juice Bar. Even one of Paris' biggest chefs, Alain Ducasse is moving "vegetable forward." (istockinstagram/gettyimages)



Bob's Juice Bar

Bob's — part of a network of health-conscious "Bob's" restaurants — was one of the pioneers on Paris' health food scene, and his cozy little

juice bar offers a range of green and cold press juices, protein shakes and dairy-

CANADA DAY

Ottawa ramps up attractions as 150 celebrations approach

Ottawa may have a reputation as a quiet government city, but there are a number of ways the capital is loosening its collar and transforming ahead of Canada's 150th birthday — a time when 1.75 million new tourists are expected to flood in, bringing the total to an expected 10 million by year's end.

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chefs from five regions of the country. The culinary artists are set to stage a four-course dinner with wine pairings right near Parliament Hill along Wellington Street.

More than 75 countries and international partners are participating in Ottawa Welcomes the World — part of the 150th-anniversary celebrations as well.

Until December 2017, embassies, high commissions and international partners will showcase their culture with a series of events at Lansdowne Park. THE CANADIAN PRESS

5

PLACES TO SEE IN MEDELLIN, COLOMBIA

Medellin is fast becoming a must-visit destination for travellers seeking a spirited mix of art, culture, history and celebration under the sun. Before the rest of the world catches on to the secrets of the "city of eternal spring," check out a few must-visit spots in Medellin and the surrounding area:

LIZ BEDDALL/FOR TORSTAR NEWS SERVICE TRAVEL@METRONEWS.CA

**1 Best photo ops**

On the eastern outskirts of Medellin you'll find what is frequently referred to as the most colourful town in the world. The cheerily painted houses of Guatape and their respective zocalos, or vibrant façade paintings related to the town's culture and history, attract visitors from around the globe. Set your camera on "continuous shooting" mode as you sip a piping hot aguapanela (sugar cane drink) in the town's impossibly colourful town square and watch as locals appear and disappear into door frames and onto balconies as upbeat Latin music permeates the air.

**2 Best history lesson**

The Museo Casa de la Memoria (House of Memories), is an inceptive, memorial museum dedicated to providing visibility to victims of Medellin and Colombia's troubled social and political past. Open to the public for free as of 2012, the facility features emotionally charged installations, digital maps and comprehensive timelines, as well as a library devoted to individuals attempting to trace loved ones vanished or displaced by Colombian conflict. museocasadelamemoria.org

**3 Best view**

A few huffs and puffs as you walk 740 steps to the top of the iconic La Piedra Del Penol monolith formation will be worth the 360-degree views that come at the peak. At an elevation of 2,135 metres, this "national monument," as declared by the Colombian government, has an interesting and slightly comical history of ownership best told by locals at the top over a cold Colombian beer served with salt and a splash of lime. Various tour buses make the 1.5-hour drive from Medellin's city centre to the area every day. burrotektours.com

**4 Best blast from the past**

Founded in 1541, the town of Santa Fe de Antioquia offers a superbly preserved peek into Colombia's history. Jump into one of many motochivas (or tuk tuks) with a tamarind candy in hand and venture down the cobblestone streets of this gorgeous and quiet 23,000-person town.

5 Best cup of Colombian coffee

It may come as a surprise to the Medellin newbie that coffee culture in Colombia is virtually non-existent. Locals are far more likely to order a cup of hot chocolate rather than a cup of joe, simply because the best of the beans are exported rather than consumed. That said, visitors are best to seek out Colombian coffee from the source. Tourist groups in Medellin offer a variety of tours to local producers, such as Café de la Chima, an authentic working coffee farm in the mountains of nearby Fredonia township where visitors can observe the entire process, from bean to steaming cup. palenque-tours-colombia.com



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TRAVEL NOTES MAKING MUSIC, BIRD WATCHING AND NEW DISNEY ATTRACTIONS

Make Music Day coming to dozens of U.S. cities

More than 50 U.S. cities will be hosting Make Music Day, a free one-day outdoor festival celebrating music and music-making. The annual event is June 21, the summer solstice. Highlights of Make Music Day in the U.S. will include Sousapaloozas in Chicago; Cleveland; Madison, Wis.; Minneapolis-St. Paul; New York; and San Jose, Calif. The festival began in France in 1982 and has since spread to 750 cities across 120 countries.

THE ASSOCIATED PRESS

**Birding events in Ont.**

An event May 20-21 at Presquile Provincial Park, on Lake Ontario's north shore, will explain the differences between birds you're likely to see at this time of year.

Other migration events:

- Festival of Flight, May 1-21, at Rondeau Provincial Park
- Migration Weekend, May 20-22, at Pinery Provincial Park
- Huron Fringe Birding Festival, May 26-29 and June 1-4, at MacGregor Point Provincial Park. THE CANADIAN PRESS

**Big summer for Disney parks**

Disney theme parks have a big summer ahead of them with major new attractions opening May 27 based on two movies. The Guardians of the Galaxy: Mission BREAKOUT! attraction opens at Disney California Adventure in Anaheim, Calif. Pandora — The World of Avatar is opening at Walt Disney World's Animal Kingdom in Lake Buena Vista, Fla.

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Spend time with Florida's sea turtles

NATURE

Get up close, but not too personal with coastal visitors

Many Florida beaches welcome a special type of visitor as the weather gets warmer: sea turtles.

Female sea turtles crawl out of the water from spring to early fall to build nests and lay eggs on the beach at night. Babies hatch some 60 days later and crawl back into the sea. It's a fragile process. Only an estimated one in 1,000 turtles survives to adulthood, according to the Sea Turtle Conservancy.

It's a crime in Florida to disturb sea turtle nests or harass turtles.

Visitors should keep their distance, staying behind any turtle they might see, and must not shine lights in nesting areas, including flashlights, cell-phone lights or camera lights. Some beaches turn off artificial lights to promote nesting activity.

**How to see them**

There are several sanctioned ways to observe sea turtles. Turtle rehab facilities around the state sometimes hold public releases when an injured turtle has recovered enough to return to the sea. And public sea turtle watches take place at night on a number of Florida beaches, typically with participants registering in advance for the walks, which tend to fill up quickly.

Three varieties of sea turtle, green, leatherback and hawksbill, are classified as endangered. Two varieties, loggerhead and olive ridley, are listed as threatened.

Sometimes, visitors may simply stumble across a nest or nesting turtle. For example, it's not unusual to see loggerhead turtles on Florida's central east coast, where they nest by the thousands. "When it's high season for nesting," said Visit Florida spokesman Tim Declaire, "all you need is a late-night walk on the beach."

THE ASSOCIATED PRESS

Take a tour

Trained guides who hold special permits scout for nests, looking for a turtle that's far enough along in the process that she won't be distracted. Tour participants are then escorted to the area for a look. The tours usually take place between 8 p.m. and midnight. Sign-ups open May 1, for example, for weeknight walks June 1-July 27 in Melbourne Beach, Fla., hosted by the Archie Carr National Wildlife Refuge. The walks cost \$15 and are limited to 20 people a night.

Join a patrol

In many areas where nesting takes place, turtle patrols hunt for nests by day and rope them off so they can't be disturbed. In Gulf County in northwest Florida, where sea turtle season runs from May 1 to Oct. 31, the St. Joseph Peninsula Turtle Patrol on Cape San Blas takes a "turtle walkabout" each morning at dawn looking for signs of crawls. Nests are marked, and small groups of visitors can join part of the patrol, which includes measuring and marking nests with posts and caution tape so beachgoers know to stay away.

Just remember

Don't get too close and don't shine any lights. When nesting is disrupted, a turtle may fail to lay her eggs or may not fully camouflage her nest. Hatchlings face additional challenges: They may die before reaching the water or be caught by predators. The Florida Fish and Wildlife Conservation Commission lays out warnings and other information in a brochure at myfwc.com

HONOURING ENVIRONMENTAL HOMETOWN HEROES



CONTRIBUTED

Pilot program transforms playgrounds

The schoolyard should be fun for all. Yet, from bullies and bad behaviour to hyper-competitiveness and downright boredom, the playground can be a place that's rather devoid of, well, play. But now Earth Day Canada (EDC) is looking to take back the humdrum schoolyard and make it fun for its most frequent visitors: kids. To that end the Toronto-based environmental org has teamed up with the Toronto District School Board (TDSB) to introduce the Outdoor Play and Learning (OPAL) pilot project into six TDSB schools. The idea is to provide kids with an assortment of materials — fabric, rope, spare tires, hay, water and the like — and let them get creative.

Sound like a recipe for a mess or, worse, a disaster? Not so, says EDC Director of Play Programs Brenda Simon. She insists that self-directed play is the best kind of activity.

"Can you remember what it was like to face the same asphalt and grass schoolyard every day for 180 days a year for six years?" asks Simon. "The resemblance of these places to prison yards has been noted more than once. A lot of bullying behaviour arises out of boredom — the desire to create some excitement and random experience against which to react. By providing varied play opportunities, the children can create endless

variety in their play."

Those varied opportunities have had encouraging results. Less athletic children play more because they don't worry about losing. Kids learn to play safe and do so with kids of different ages and abilities. And the reduced stress on staff and students leads to fewer fights and office visits.

"Many trips to the office arise out of boredom and the desire to create a little drama," says Simon. "The injured child will frequently be accompanied by a chorus of sympathizers...each bearing their long dramatic story of what happened. Many other children simply experience stress in the playground and use office visits to get out. When the children have so many things to do, are able to build themselves enclosures and smaller social environments, and are having so much fun, they endure the little injuries — social or physical. They are naturally more resilient."

And parents, take note: the result may also be better grades. "We hear a lot of stories about greater focus and less unhappiness in the classroom after OPAL is introduced," says Simon.

-SEAN PLUMMER



CONTRIBUTED

The word 'hero' gets bandied about a lot these days. But Earth Day Canada's Hometown Heroes program aims to reclaim some of the term's gravitas by honouring those who make a real difference to environmentalism in Canada.

Launched in 2004, Hometown Heroes recognizes and celebrates individuals, groups, and businesses that have made a positive impact on the environment, either through their actions or through education.

"A Hometown Hero can be anyone finding a creative solution to an environmental challenge," says Cristina Greco, Recognition and Development Manager for Earth Day Canada (EDC). "Usually it's someone who also demonstrates leadership in a particular field and really mobilizes their community to make a difference."

The annual program comprises five categories — Youth, Individual, Teacher, Group, and Small Business — with six finalists chosen by judges culled from previous winners, as well as EDC associates and community partners. Each winner receives a \$5,000 cash prize to be used towards improving the environment or, in the case of the Youth prize, a scholarship that will contribute to a post-secondary education. Winners will be announced in May and recognized during an awards ceremony on June 14.

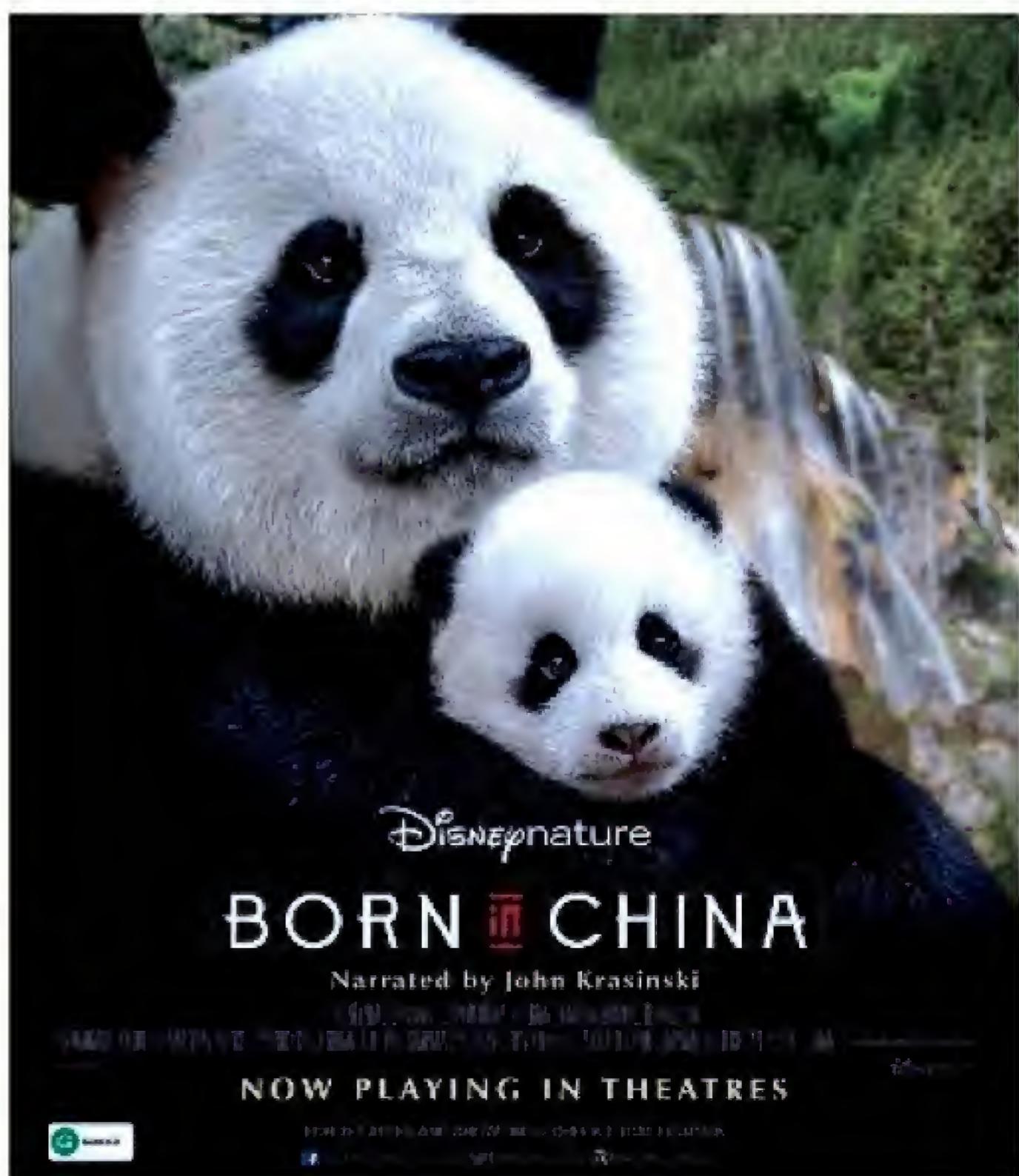
at the Mill Street Brewery in Toronto's historic Distillery District. New for 2017 is the Teacher category, which salutes an educator who's doing extraordinary work to mobilize his or her school community in an eco-initiative. Of all the Hometown Heroes categories, this one received the most nominations this year.

"Teachers are a huge part of our audience at EDC," says Greco. "Given that through our EarthPLAY and EcoKids programs we engage thousands of educators, we thought it imperative to add this category so we could highlight the amazing work being done by them both inside and outside the classroom."

While the awards recognize individuals and groups, Greco hopes Hometown Heroes will have a wider impact across Canada in promoting not only environmentalism but also the power of ordinary Canadians to effect change.

"It is our hope that the winners of the Hometown Heroes Awards serve as ambassadors and role models to people who doubt their own ability to make a difference. Hometown Heroes winners are often from small towns across Canada, face the same barriers that many of us face, and are still making outstanding contributions to their local communities, and in some cases, to the country."

-SEAN PLUMMER



TOP 150 150

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Canada's oldest roadside stops

ROAD TRIP

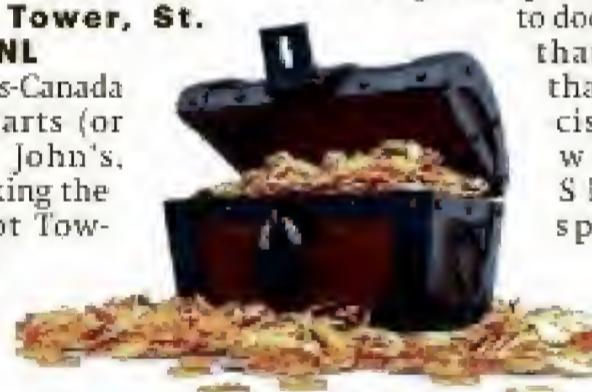
The quirkiest attractions along the Trans-Canada Hwy.

Rhonda Riche

The cross-country road trip is a Canadian rite of passage. And while taking in the breathtaking landscape or exploring our history and traditions is fun, sometimes you just have to make a diversion to visit a giant Easter egg. Next time you take the Trans-Canada, make time to check out one of these delightfully eccentric attractions.

1 Cabot Tower, St. John's, NL

The Trans-Canada Highway starts (or ends) in St. John's, NL. Overlooking the city is Cabot Tower, which looks like a medieval castle but was actually commissioned in 1897 to commemorate the 400th anniversary of John Cabot's discovery of Newfoundland and Queen Victoria's Diamond



4 Magnetic Hill, Moncton, NB

Back in 1931, an old cart path in Moncton was

upgraded for automobile access. Someone noticed that when motorists were driving what appeared to be downhill, they had to accelerate to keep from rolling backward. The road became known as "Magnetic Hill" and has since become one of Moncton's most enduring attractions.

5 The Big Orange, Montreal, PQ

This two-storey citrus stand is the last example of what was once one of several Gi-beau Orange Julep restaurants in the Montreal area.



2 O'Leary Potato Museum, O'Leary, PEI

No trip to Prince Edward Island is complete without a selfie with a 4.3-metre spud.

3 Money Pit, Oak Island, NS

In 1795, an Oak Island teen named Daniel McGinnis spotted a weird depression in the ground. The curious McGinnis started digging and found wooden planks every 10 feet down. Convinced the pit was man-made, locals started hunting for buried treasure. Folks have theorized that the pit hides everything from pirate booty

to documents that prove that Francis Bacon wrote Shakespeare's plays.

6 Wawa Goose, Wawa, ON

When the last link of the TCH was completed in 1960, local businesses were disappointed to discover that the highway skirted the downtown core. So they erected an enormous Canada Goose in the hope that travellers would slow down and take a gander at the rest of the town.

7 World's Largest Coke Can, Portage la Prairie, MB

On the long, flat plains of the prairie, this converted water tower stands out as a beacon to tired, thirsty drivers.

8 Fuchs Wildlife Exhibit, Lloydminster, SK

Billed as the largest collection of taxidermy created by one man in North America, this collection features 1,000 works by local artist Nicholas Fuchs, posed naturalistically or in more anthropomorphic activities, such as hares playing cards.



10 The Enchanted Forest, Revelstoke, BC

In the 1950s, Doris and Ernest Needham started creating a DIY Disneyland as a retirement project. Over the next 10 years, they cleared the land and built every building and sculpture by hand. Millions have visited this utterly unique attraction.



Located at the highest point of Signal Hill, the Cabot Tower was built in the late 1800s to commemorate the 400th anniversary of John Cabot's discovery of Newfoundland. ALL PHOTOS ISTOCK

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SPORTS

The Sabres cleaned house by firing GM Tim Murray and coach Dan Bylsma after extending their franchise-worst playoff drought to a sixth year

SEASON OVER

Flames flambé'd

The big moments were never too big for the Anaheim Ducks in a series with the Calgary Flames.

When Calgary threatened to gain momentum, Anaheim's leadership and poise prevailed to carry the Ducks to a four-game sweep of the Flames in their first-round best-of-seven clash.

Anaheim ousted Calgary with a 3-1 win Wednesday at Scotiabank Saddledome.

"Any time you can put a team behind you, you definitely want to take advantage of it," Ducks captain Ryan Getzlaf said.

The Ducks now await the series winner between the Edmonton Oilers and San Jose Sharks.

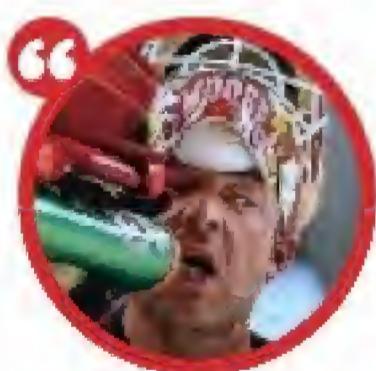
Patrick Eaves and Nate Thompson scored for the visitors on their first five shots of the game, with Getzlaf adding an empty-net goal.

Sean Monahan scored his fourth power-play goal in as many games for Calgary.

It was a short night for starter Brian Elliott, who was pulled for Chad Johnson after giving up a soft goal at 5:38 of the first period.

"You realize how slim the margin is between winning and losing," captain Mark Giordano said.

"Some nights it's a bounce. Some nights it's a penalty. In this series we had a little bit of everything. They found ways to win every game." THE CANADIAN PRESS



It's just tough to swallow.

Flames goalie Brian Elliott

YESTERDAY'S ANSWERS

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It's that time of year: Penguins shed Jackets

2017
NHL
PLAYOFFS
PITTSBURGH WINS SERIES

Fleury shines once again with 49 saves

Sidney Crosby and Scott Wilson scored 51 seconds apart in the third period, helping the Pittsburgh Penguins eliminate the Columbus Blue Jackets with a 5-2 win in Game 5 of their first-round series on Thursday night.

Bryan Rust scored twice for Pittsburgh. Phil Kessel added his second of the playoffs and Marc-Andre Fleury finished with 49 saves. The defending Stanley Cup champions will face the winner of the Toronto-Washington series in the conference semifinals starting next week.

William Karlsson and Boone Jenner scored for the Blue Jackets, but Sergei Bobrovsky stopped just 27 of 32 shots to finish a forgettable series.

Columbus trailed by three in the second period but had a potential tying goal waved off in the third for interference. Pittsburgh responded immediately. Crosby's one-timer on the power play restored a two-goal lead and Wilson's backhand less than a minute later finished off the Blue Jackets.

Columbus avoided being swept with a spirited 5-4 win on Tuesday, extending the series by playing with the kind of desperation Pittsburgh coach Mike Sullivan insisted his team needed if it wanted to get some rest before the second round.

It's a refrain Sullivan has preached repeatedly over the last couple weeks and once again, the Penguins didn't lis-



Penguins goalie Marc-Andre Fleury stops a shot by the Blue Jackets' Matt Calvert on Thursday night. GENE J. PUSKAR/THE ASSOCIATED PRESS

GAME 5 In Pittsburgh



ten.

And once again, they were able to get away with it thanks to Fleury. He fended off 15

shots in the first period alone, several of them from point-blank range. It gave the Penguins time to find their legs, and Kessel's wrist shot from the top of the circle 9:07 into the first put Pittsburgh in front.

When Rust scored twice less than three minutes apart early in the second — both of them on backhand rebounds — the Penguins appeared to be in control.

The Blue Jackets, trying to extend a breakthrough season that included a franchise-record 108 points and the sixth-

best record in the league, showed one last flash. Karlsson and Jenner beat Fleury twice in 2:54 at the game's midway point and Columbus was right back in it.

The surge ended when Fleury flopped to the ground after Alex Wenneberg clipped the goaltender as he fought off a check in the crease five minutes into the third.

THE ASSOCIATED PRESS

Go to metronews.ca for additional coverage of the post-season.

IN BRIEF

Canadiens to face Game 6 elimination in Big Apple

Mika Zibanejad scored 14:22 into overtime to give the New York Rangers a 3-2 victory over the Montreal Canadiens on Thursday night in Game 5 of their Eastern Conference quarter-final series.

Chris Kreider's shot on a rush went off Alexei Emelin's stick right to Zibanejad for a shot into an open side.

Jesper Fast and Brady Skjei also scored for New York.

Artturi Lehkonen scored and set up a goal by Brendan Gallagher in the first period for Montreal. THE CANADIAN PRESS

Preds send Chicago home

Roman Josi scored twice, Pekka Rinne had 30 saves and the Nashville Predators beat the Chicago Blackhawks 4-1 on Thursday night to complete a surprising sweep of the Western Conference's top seed.

Colton Sissons also scored and Viktor Arvidsson added an empty-net goal as Nashville completed the franchise's first playoff sweep.

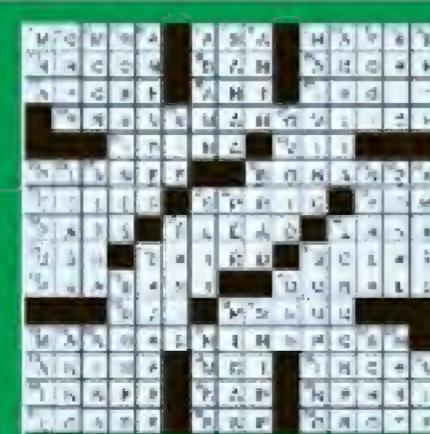
THE CANADIAN PRESS

Matthews, Laine, Werenski up for top rookie trophy

Toronto Maple Leafs forward Auston Matthews, Columbus Blue Jackets defenceman Zach Werenski and Winnipeg Jets winger Patrik Laine are the finalists for the Calder Trophy for NHL rookie of the year.

The league announced the top three in voting Thursday night.

THE CANADIAN PRESS



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8	2	5	6	1	7	9	4	3
4	6	1	5	3	9	8	2	7

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MAKE IT TONIGHT

Hearty Tuna and White Bean Salad

Ceri Marsh & Laura Keogh
For Metro Canada

On a day you want to eat light, this fresh salad topped with creamy beans and hearty tuna is the ticket.

Ready in 30 minutes

Prep time: 5 minutes
Cook time: 25 minutes
Serves: 4

Ingredients

- 1 x 5 oz can of tuna
- 1 x 15 oz can of cannellini beans
- 1/4 cup red onion, diced fine
- 4 or 5 radishes, thinly sliced
- 8 or so cherry tomatoes, cut in half
- 1 bunch of arugula, washed, dried and trimmed
- 2 handfuls of fresh basil, washed, dried and trimmed
- 3 Tbsp lemon juice
- 2 Tbsp olive oil

• salt and pepper to taste

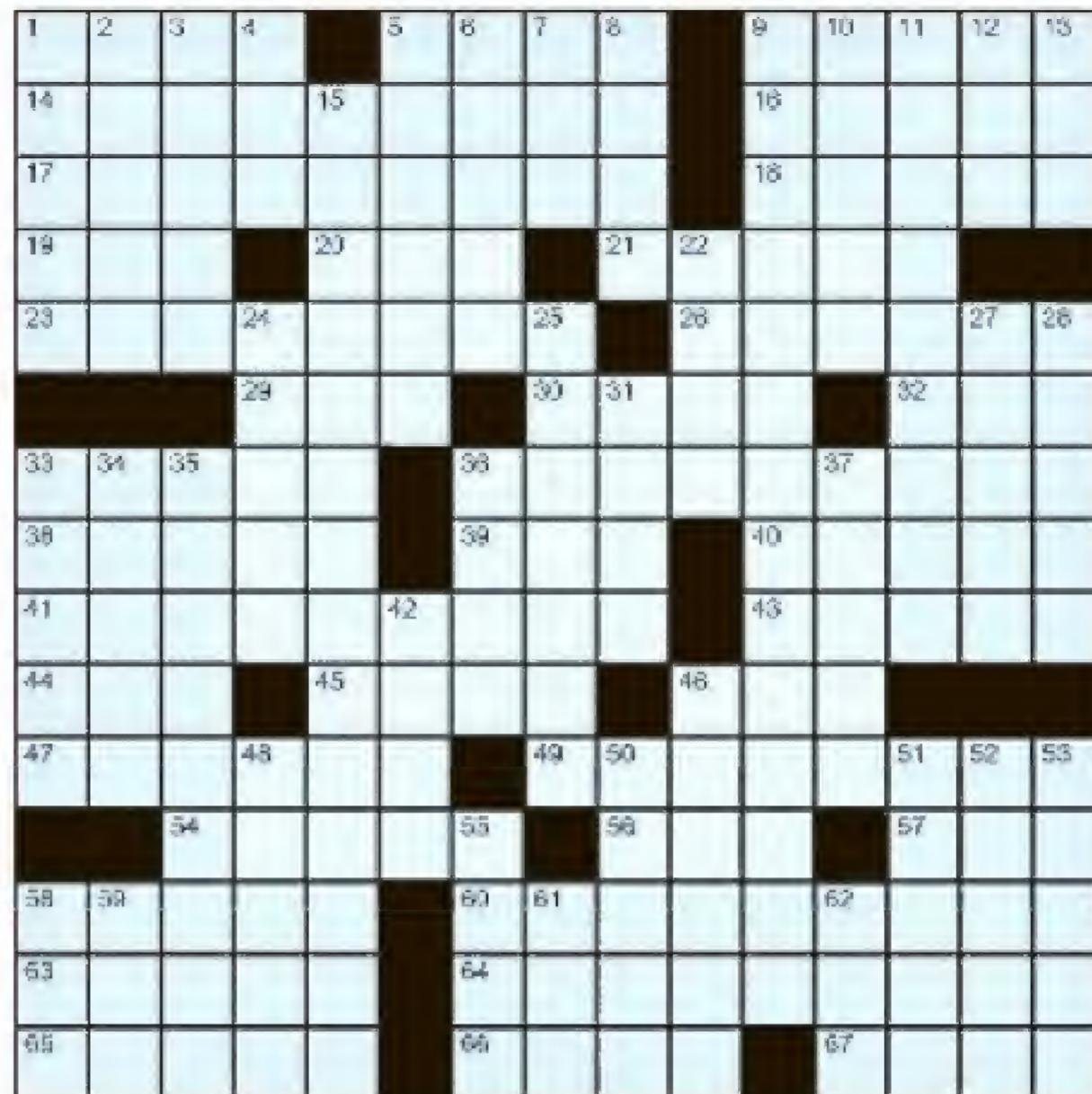
Directions

1. In a large-ish bowl, mix together the tuna, beans and onions.
2. In a small bowl, whisk together the lemon juice and olive oil, pour it over your tuna and give a good mix. You don't want to lose all the texture of the tuna, so don't over do it. Taste it and see if you'd like some salt and pepper. Cover with cling film and chill for up to an hour. You can skip this step but it will enhance the flavour.
3. Now it's just an assembly job. You've got four plates. Lay out a handful of greens on each plate, a scoop of tuna deliciousness and then scatter tomatoes and radishes on top.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- 1. Nile wader
- 5. Elvis hit bit: "Well, that's all right now, ____"
- 9. Orchestra wood-winds
- 14. Therapeutic
- 16. 'Seven'-meaning prefix
- 17. Irregularities
- 18. Seize forcibly
- 19. "Ally McBeal" star Mr. Bellows
- 20. Refusals
- 21. "____ Majesty's Secret Service" (1969)
- 23. Catches
- 26. Floor covering of Japan
- 29. "The ____ Couple"
- 30. Abbr. aid
- 32. Hosiery hue
- 33. Disney deer
- 36. World-wide-ize
- 38. Winglet
- 39. Campaign
- 40. WKRP's Dr. Johnny who?
- 41. It's of no importance
- 43. Spew
- 44. Moreover
- 45. Hold a handbag
- 46. Irish actor Stephen
- 47. Result to the results: 2 wds.
- 49. BC's provincial bird: ____ Jay
- 54. Pre-Ford US President
- 56. Prefix with 'fauna'
- 57. much (Very little)
- 58. One-of-some in a theatrical act
- 60. Extremity

DOWN

- 1. Picture
- 2. Country in Africa
- 3. Matinee stars
- 6. Coastal birds
- 67. Fork-tailed sea bird
- 63. Greased
- 64. CFL pre-game party
- 65. Authorization
- 66. Rock tune: 4 wds.
- 67. Fork-tailed sea bird
- 68. Flavouring in Greek

- aperitif Ouzo
- 7. Ms. West
- 8. Too
- 9. Crowbar's classic
- 10. Parisian topper
- 11. Secret agent
- 12. Ands. in Mont-real
- 13. Idled

- 15. Jean top worn simultaneously with a pair of jeans, affectionately: 2 wds.
- 22. Crash-investigating agcy.
- 24. Aristocratic
- 25. Hails the leaders
- 27. Labyrinths
- 28. Stagnant

***IT'S ALL IN THE STARS Your daily horoscope by Francis Drake**

Aries March 21 - April 20
Don't be down in the dumps if you feel cut off from others or lonely today. Many people feel this way. It's a quick, passing thing. Relax.

Taurus April 21 - May 21
Someone older or more experienced might criticize you today, especially in a group or class. Bummer. Don't take it personally. People say things without thinking.

Gemini May 22 - June 21
This is a poor day to ask parents or bosses for a favor, approval or permission. There's no doubt that the answer will be "Talk to the hand."

Cancer June 22 - July 23
Travel plans might be difficult today. In fact, someone might squelch your idea for future travel. Discussions about politics or religion might be depressing.

Leo July 24 - Aug. 23
Don't ask for support, especially financial, from others today because it will not be forthcoming. People are tightfisted and withdrawn today. (You get the picture.)

Virgo Aug. 24 - Sept. 23
Your feelings might be hurt today, because relationships with partners and close friends are cool and detached. It's just what's happening. Don't make a big deal about it.

Libra Sept. 24 - Oct. 23
Someone more experienced at work might be on your case today. They might criticize you or your work. Obviously, avoid this situation if you can.

Scorpio Oct. 24 - Nov. 22
Children might feel like they are an increased responsibility today, which is naturally hard on you. Likewise, romance might disappoint. Oh well, it's one of those days.

Sagittarius Nov. 23 - Dec. 21
Plans to entertain at home or redecorate might be stalled because of finances or disapproval from someone. Just pull back a little and choose a better time in the future.

Capricorn Dec. 22 - Jan. 20
You might fall into worry mode today. Remember: "Worry is like a rocking chair. It gives you something to do, but gets you nowhere."

Aquarius Jan. 21 - Feb. 19
You will be careful with spending your money today, because you feel a bit broke. This is why if you're out shopping today, you will buy long-lasting, practical items.

Pisces Feb. 20 - March 20
You might feel cut off from others today, which makes you feel lonely. Many people feel this way today, so it's not just you. It's just this particular day. Tomorrow is a much better day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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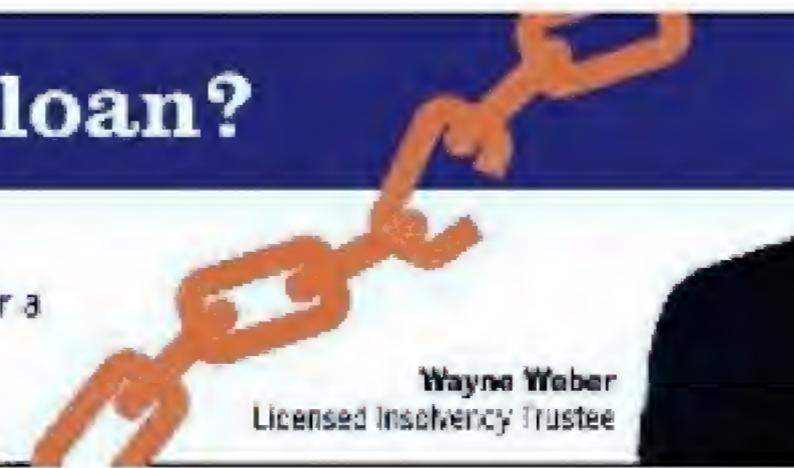
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- Corner Lot
- Stainless Steel Appliance Package
- Granite Countertops in Kitchen, Main Bath & Ensuite

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